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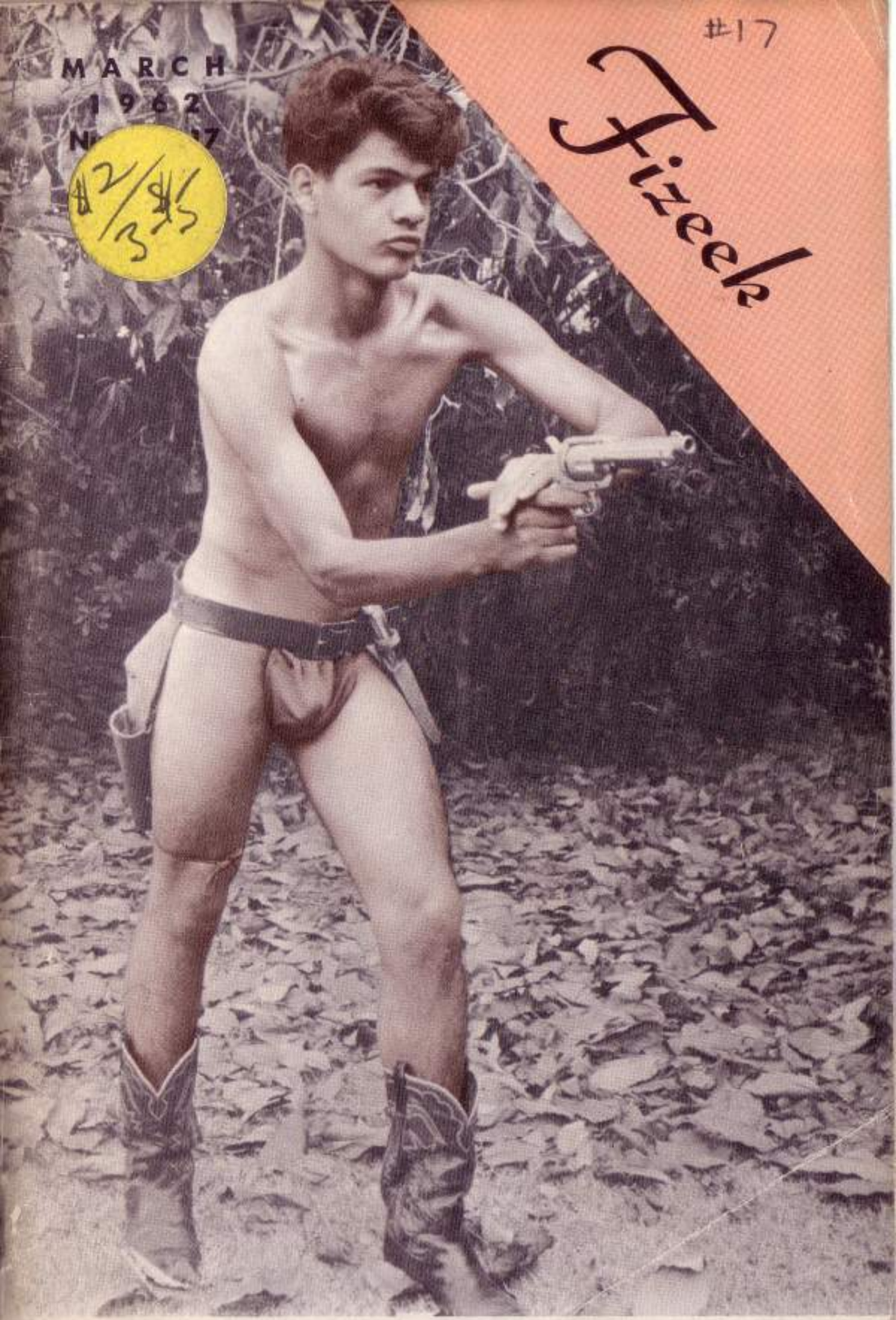

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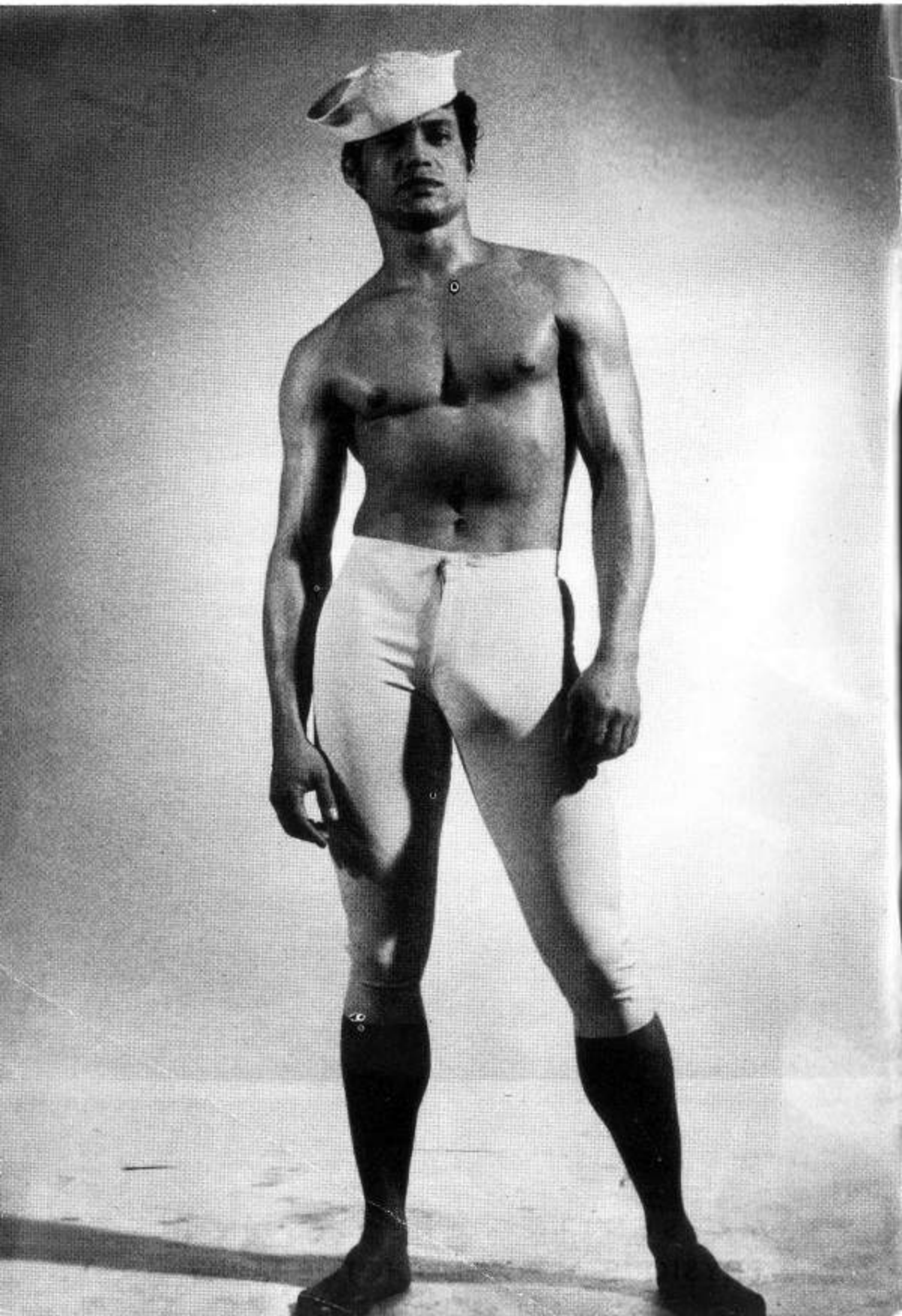

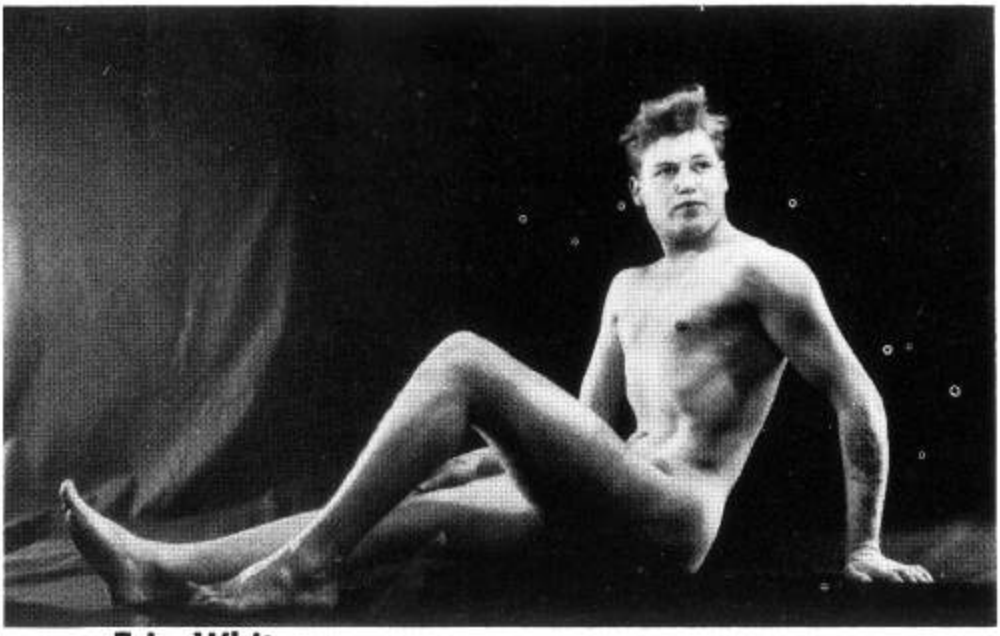

Eric White
by Royale

COVERMAN: Youthful and Athletic Teenager, MIGUELIOT VEGA. Photos by MILO

FIZEEK • Number 17 • March 1962

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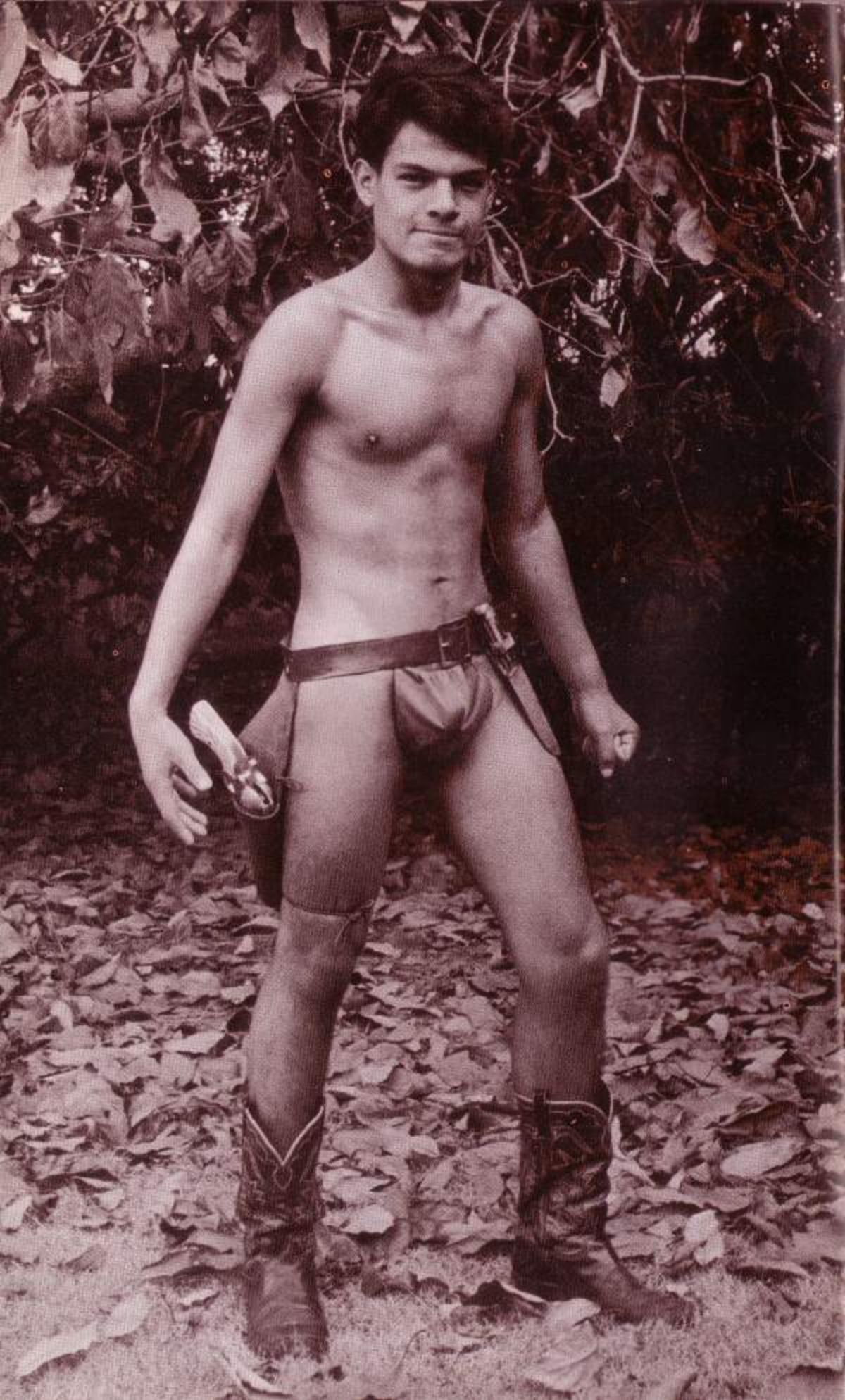
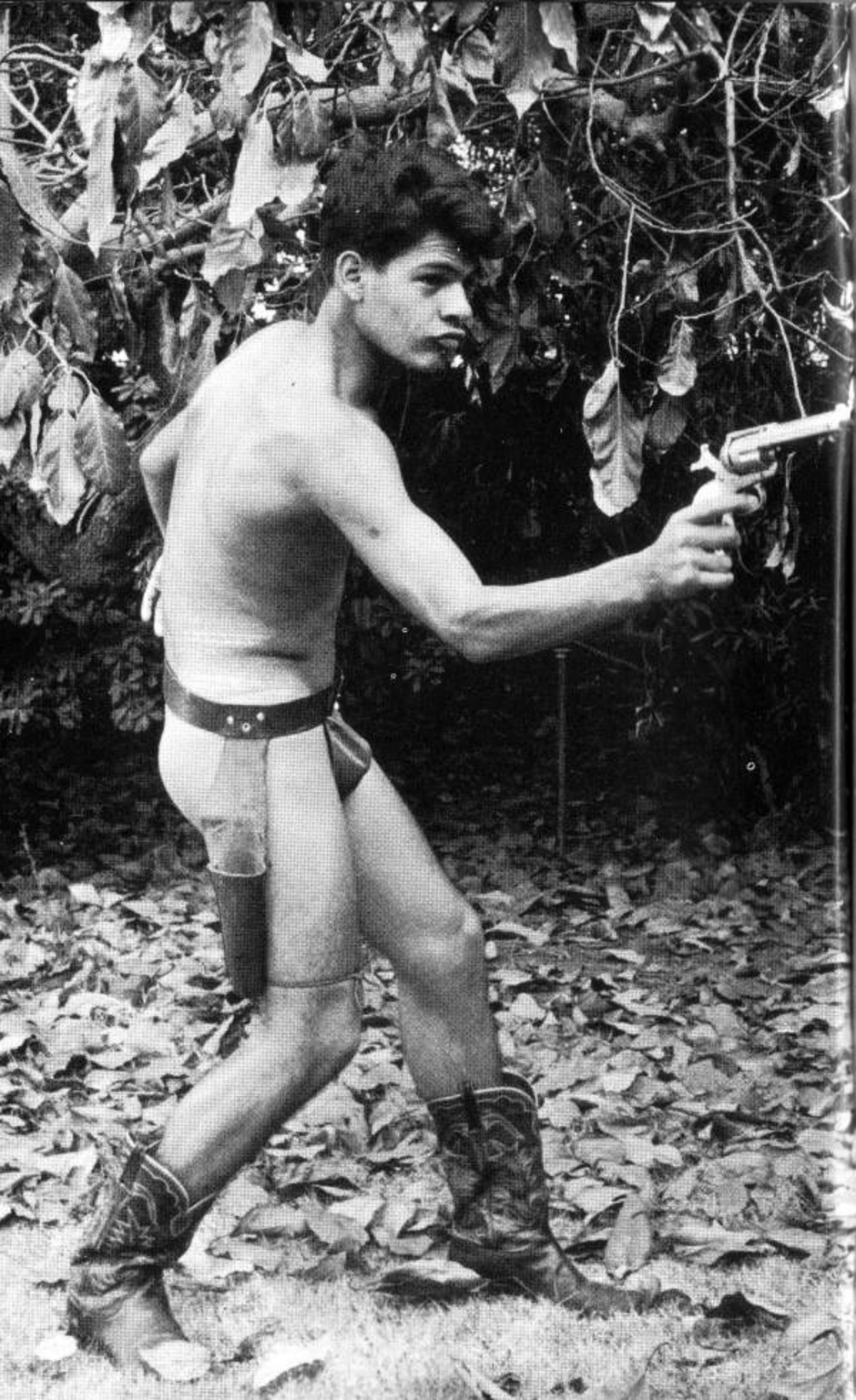




SAFETY

when you

SKIN DIVE

by CARLSON WADE

Here are tips as given by seasoned professionals in skin diving. This sport is a thrilling one! It also is dangerous! Here's how you can enjoy safety when you skin dive!

Skin-diving is one of this nation's fastest-growing outdoor sports and it is one of the most thrilling and challenging. Why? Because it combines the thrills of freedom and weightlessness with the challenge of survival in a strange new world beneath the sea. Small wonder that in the past ten years, thousands have become ardent devotees of this exciting sport.

The sea has little respect for skindivers and has claimed the lives of many. Experienced skin-divers believe that this sport can be a safe and satisfying one if a diver has respect for the sea.

These experienced persons have found that sudden fear is their greatest foe. In underwater emergency, the novice diver may panic so that he cannot extricate himself from a difficult situation.

Many veterans have had some experience with this panic, and they consider self-control one of their strong-

est allies. To develop self-control they recommend a strict course of preparation that puts beginning divers through actual emergency situations.

In such a course, skin-divers are taught what to do if the air supply is shut off—how to pull out the breathing mouthpiece and clear it and how to shed equipment. A beginning diver should learn how to "buddy-feed"—share his air with his diving buddy. Experienced divers believe that to cope with fear under water, the diver must recognize his fright, that he should never dive in water that frightens him at all. He should work up slowly to areas and situations he can handle.

SUGGESTIONS FOR YOUR SAFETY

Here are specific steps for safety and comfort for those who like skin-diving:

1. Never dive alone. Even a professional would never go down without an experienced buddy.

2. Always check the weight belt for the safety release. Gear is a dead weight once air has escaped.

3. Make sure that your ears are free of wax. An article in a medical journal warned that heavy wax deposits may cause unequal water pressure on the ears, resulting in dizziness and loss of direction under water, which could lead to panic and possible drowning. If ear wax has not been removed by your physician, it may be done safely and quickly at home with new-formula Kerid Drops.

4. To equalize pressure on lungs and ears, swallow when descending and exhale through the nose when ascending. After dives deeper than 40 feet, the diver should ascend slowly, or in stages.

5. Always leave time in your air tank—don't over-extend. If you have a half-hour tank, plan a 20-minute dive. A safety margin is always a good measure.

6. Mark of diving waters by means of flagus or buoys. There have been bad accidents with divers and power boas.

7. Above all, say the experts, never dive into waters you aren't ready for psychologically. Novices should begin with snorkling to gain confidence in breathing under water and getting accustomed to the water. Divers using SCUBA (self-contained underwater breathing apparatus) gear should work up slowly to tougher water areas.

SAFETY TIPS ON SWIMMING

Swimming, preparatory to skin-diving, is a good exercise which gives all the muscles of your body a workout, not to mention filling you with energy and freshness. But you must also be cautious. Here are 8 tips on swimming safety as outlined by Registered Nurse Beulah France in *Life & Health,* national medical journal (Vol. LXXVI, No. 8):

1. At the start of the season, stay only a short time in the water, gradually lengthening the swimming spell day by day.

2. Never go in until at least two hours after eating.

3. Always swim parallel with the shore. Never try to show how far out you can go.

4. Don't dive into unknown water.

5. Never swim when weary or below par physically.

6. If the water feels cold, stay out.

7. The world's best swimmers can get cramps, so you needn't feel ashamed if you do.

8. Learn the latest artificial-respiration method. The Red Cross will teach you.

DON'T PANIC—YOU WON'T DROWN!

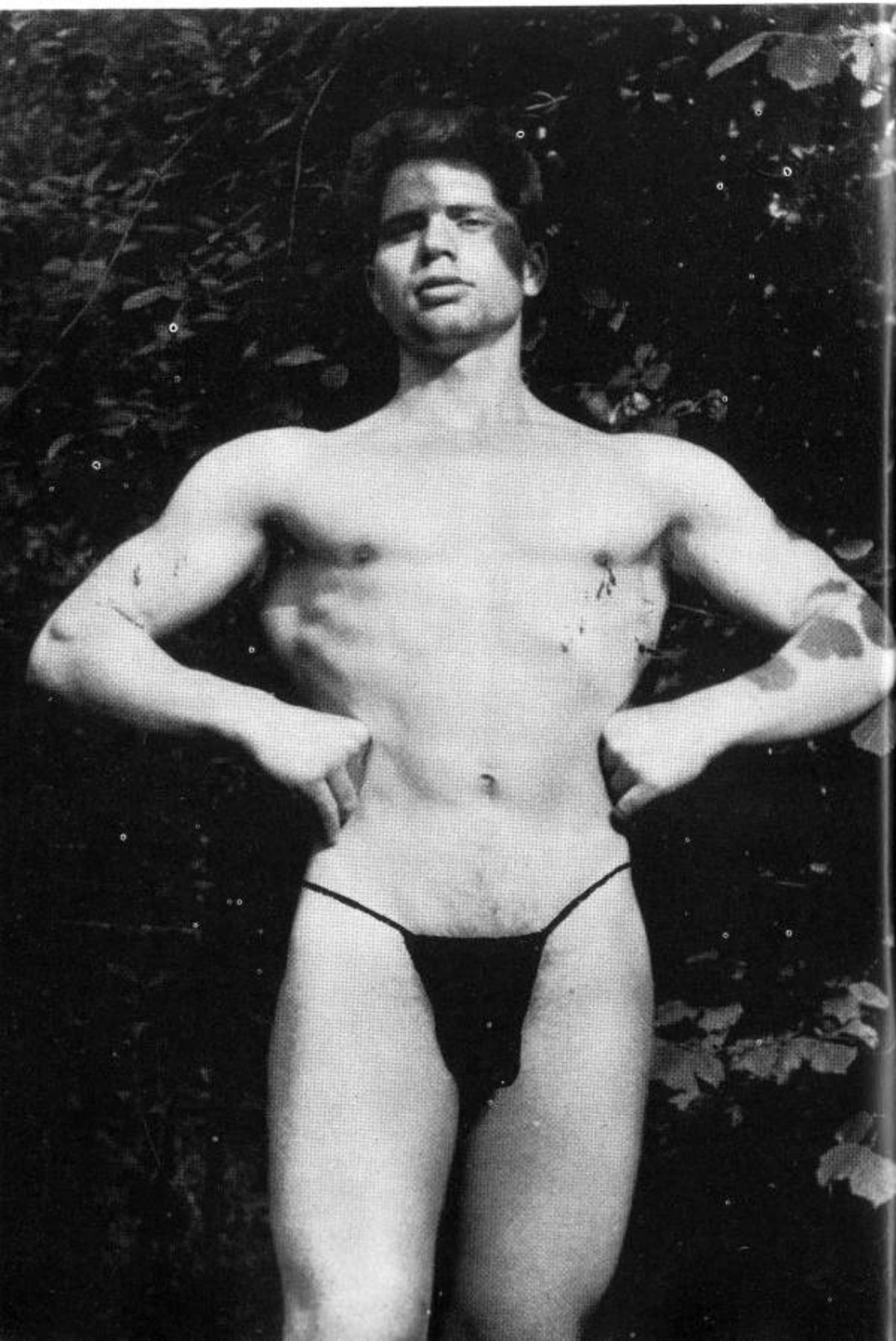
Nurse France further tells of some swimming safety tips as revealed by an experienced lifeguard:

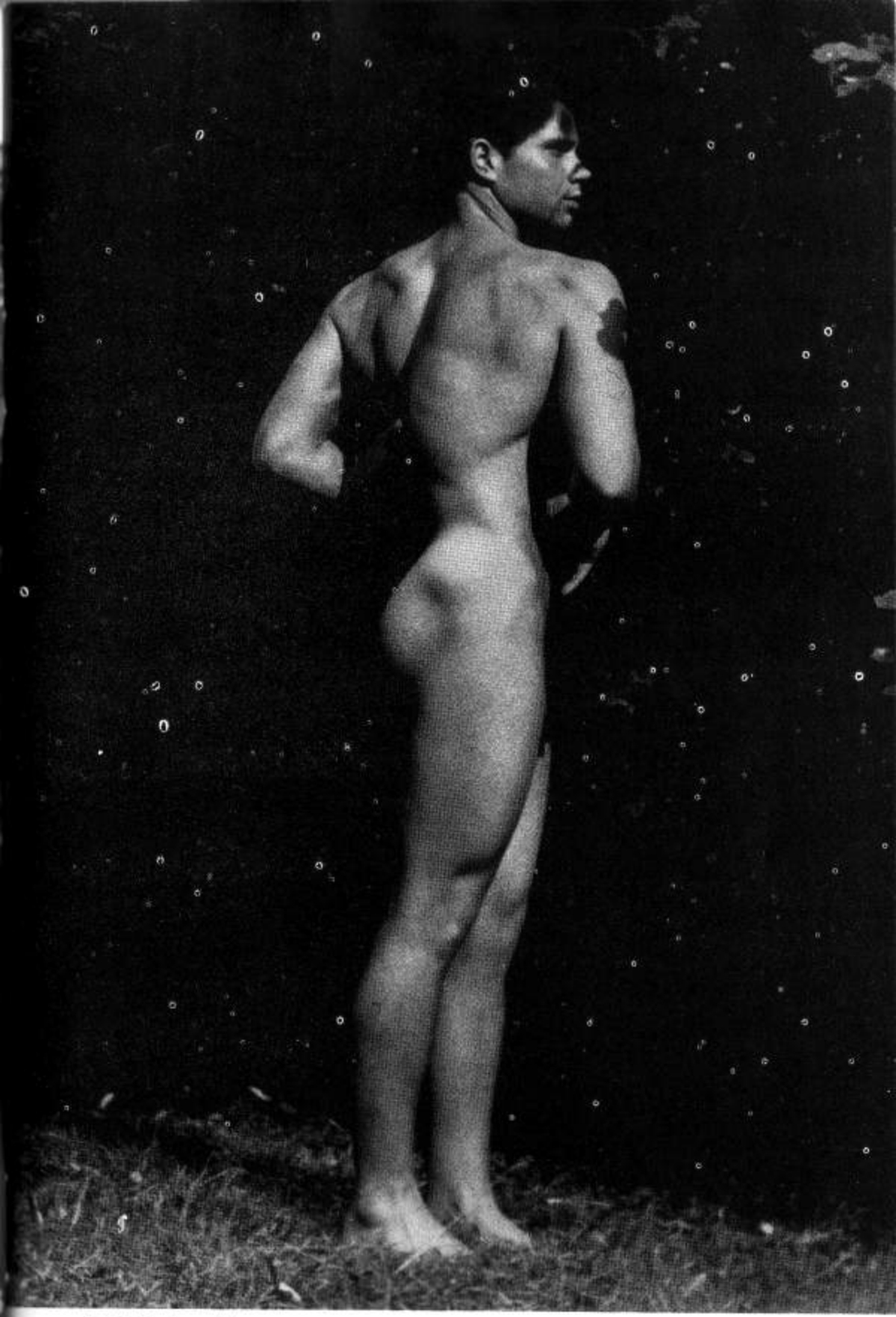
"Seventy-five per cent of all drownings are unnecessary. People over fifty should stay near shore. Their wind is decreased, their muscles have lost tone. An older person caught in an undertow begins to panic and struggle.

"If you ever get caught like that, don't lose your head. Don't fight, just drift. It is true that the current will carry you away from the shore, but what can you do to stop it anyway? Relax, float, rest on the waves. When the waves subside, swim for shore with all your might. If more people would do that, fewer of them would drown."

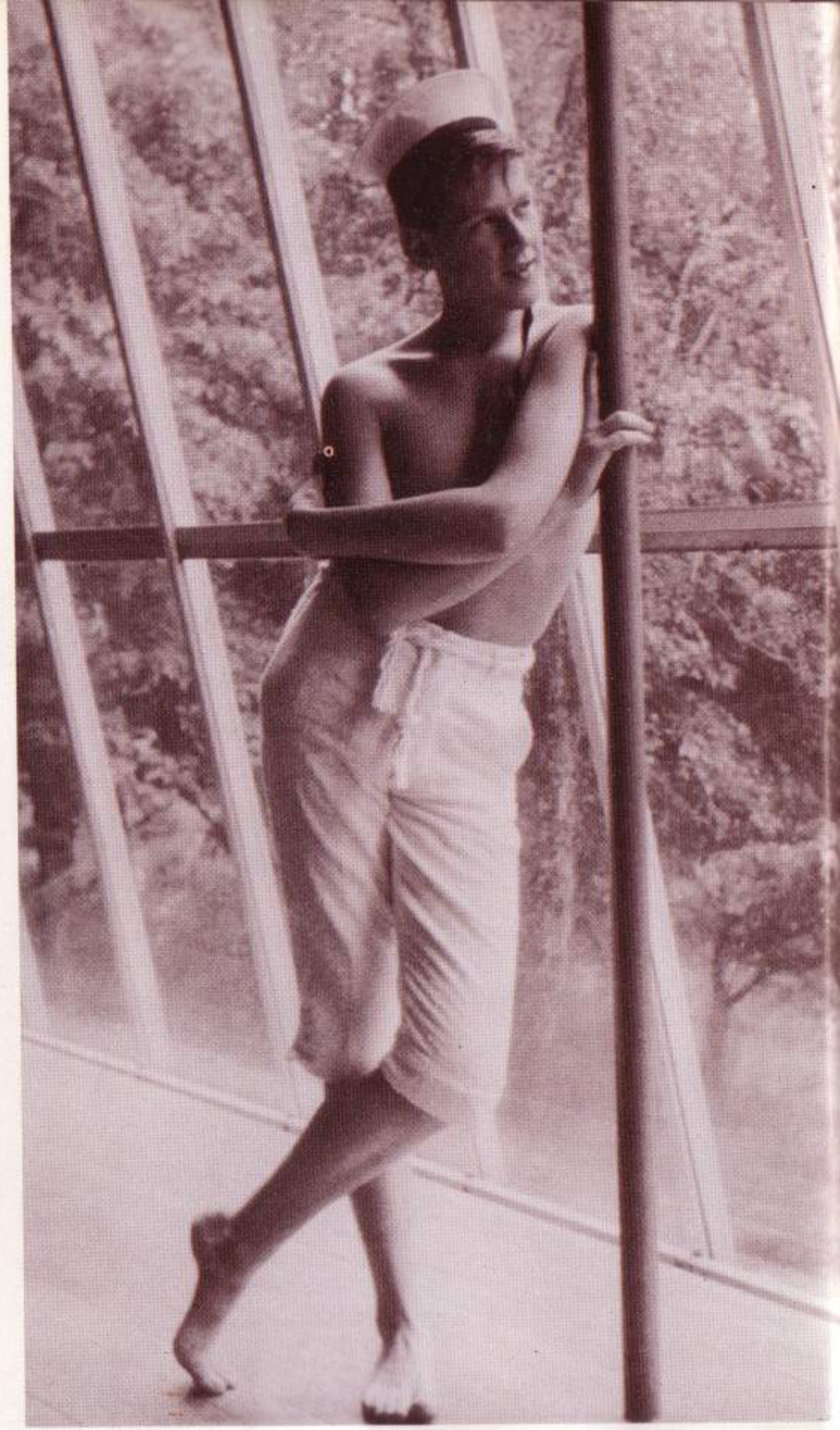
Let us all love and enjoy—but respect—the water! It offers good health—if we know how to take it without injuring our own!

THE END

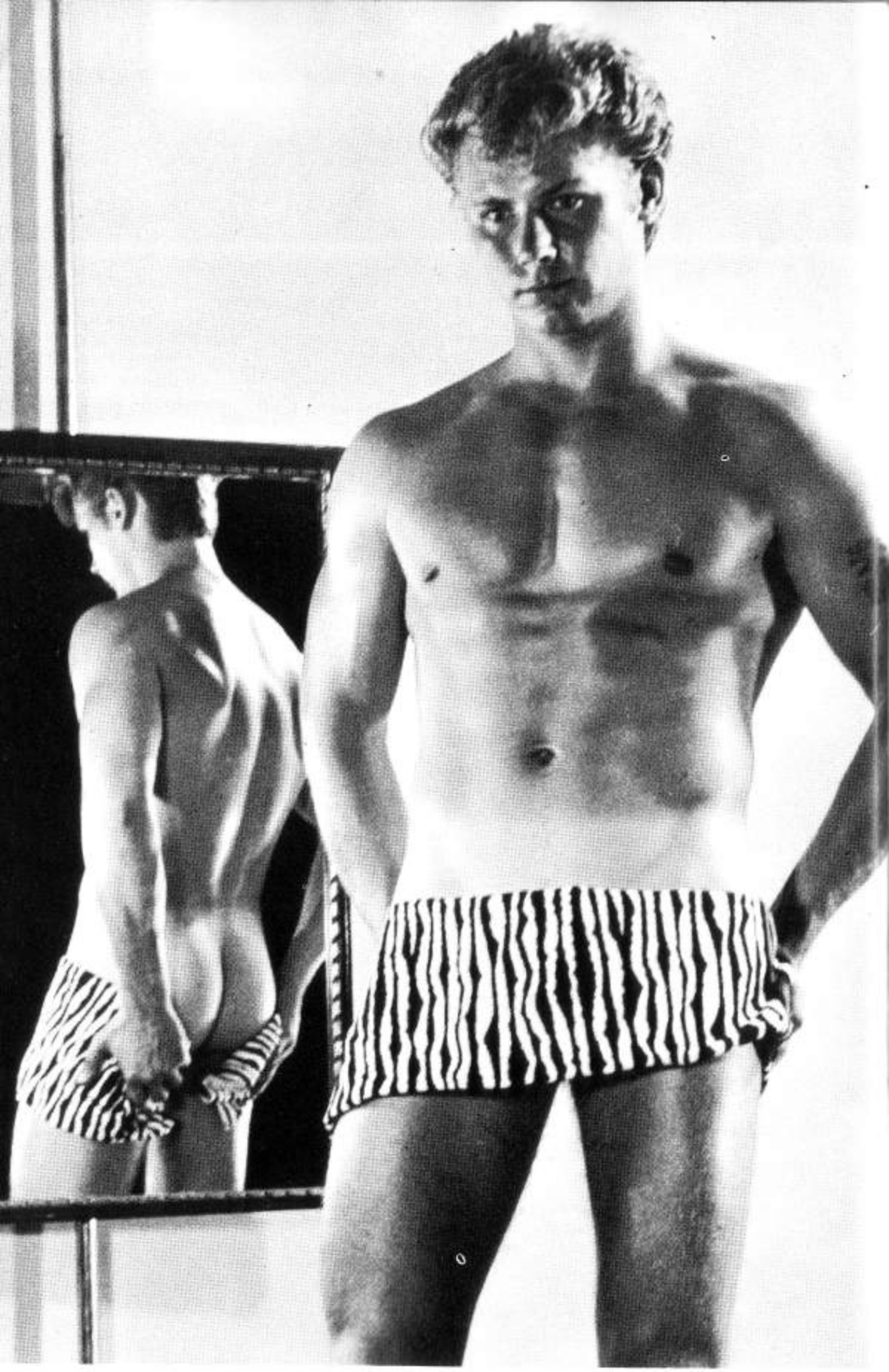




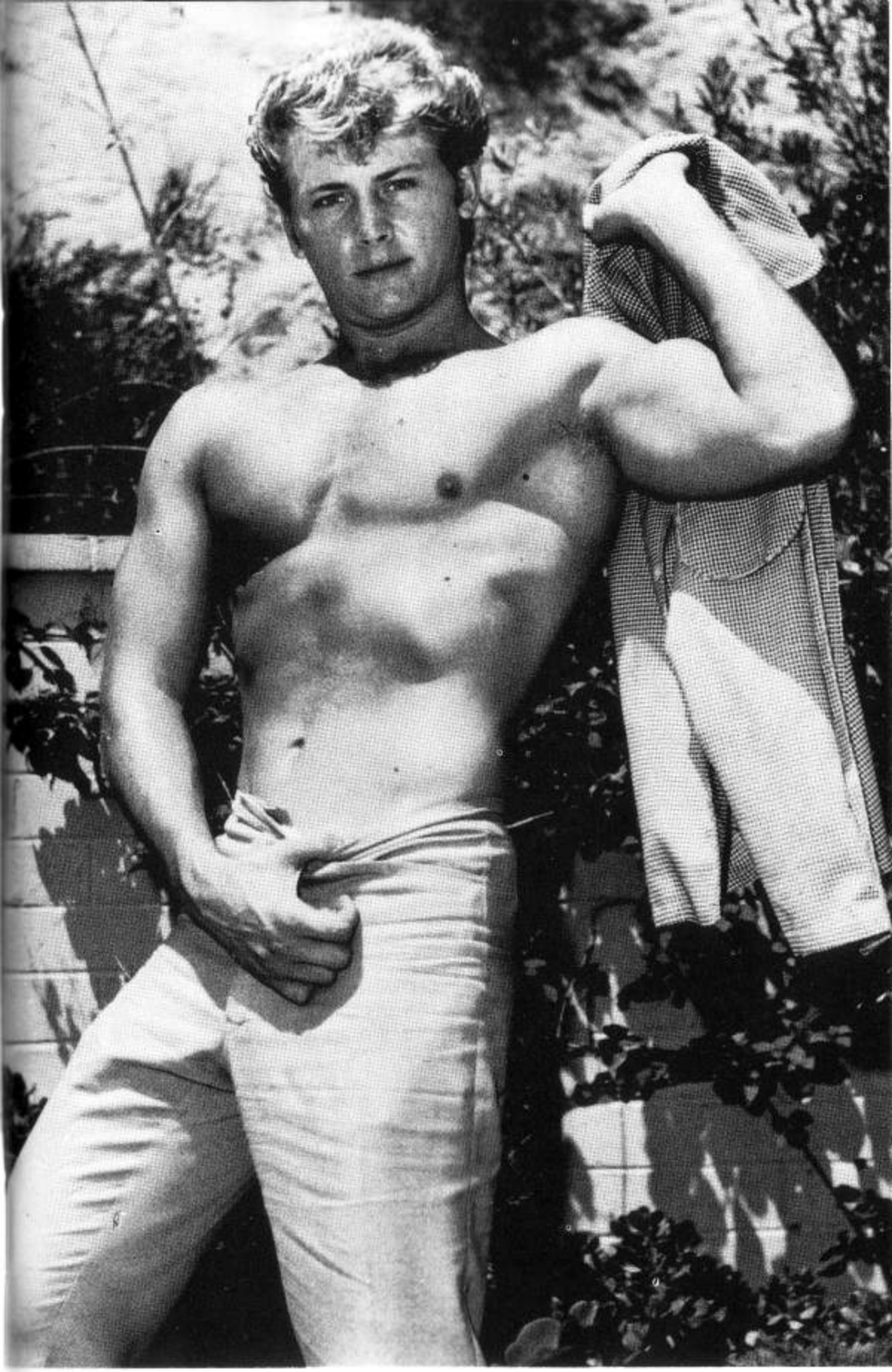
JOSE, in photos by NORTH STAR



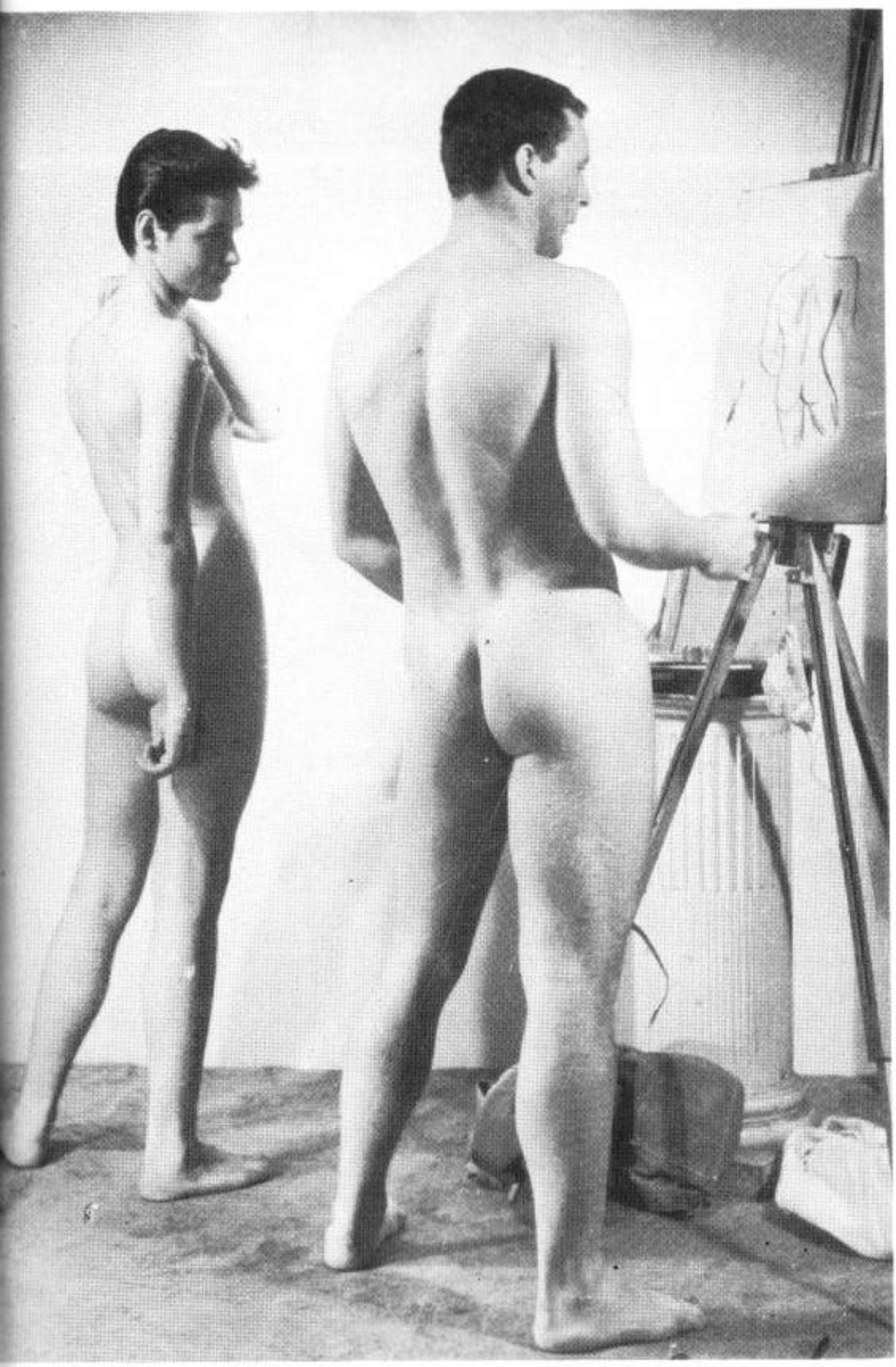
JOHN PETERS
PHOTOS BY BM/VADC

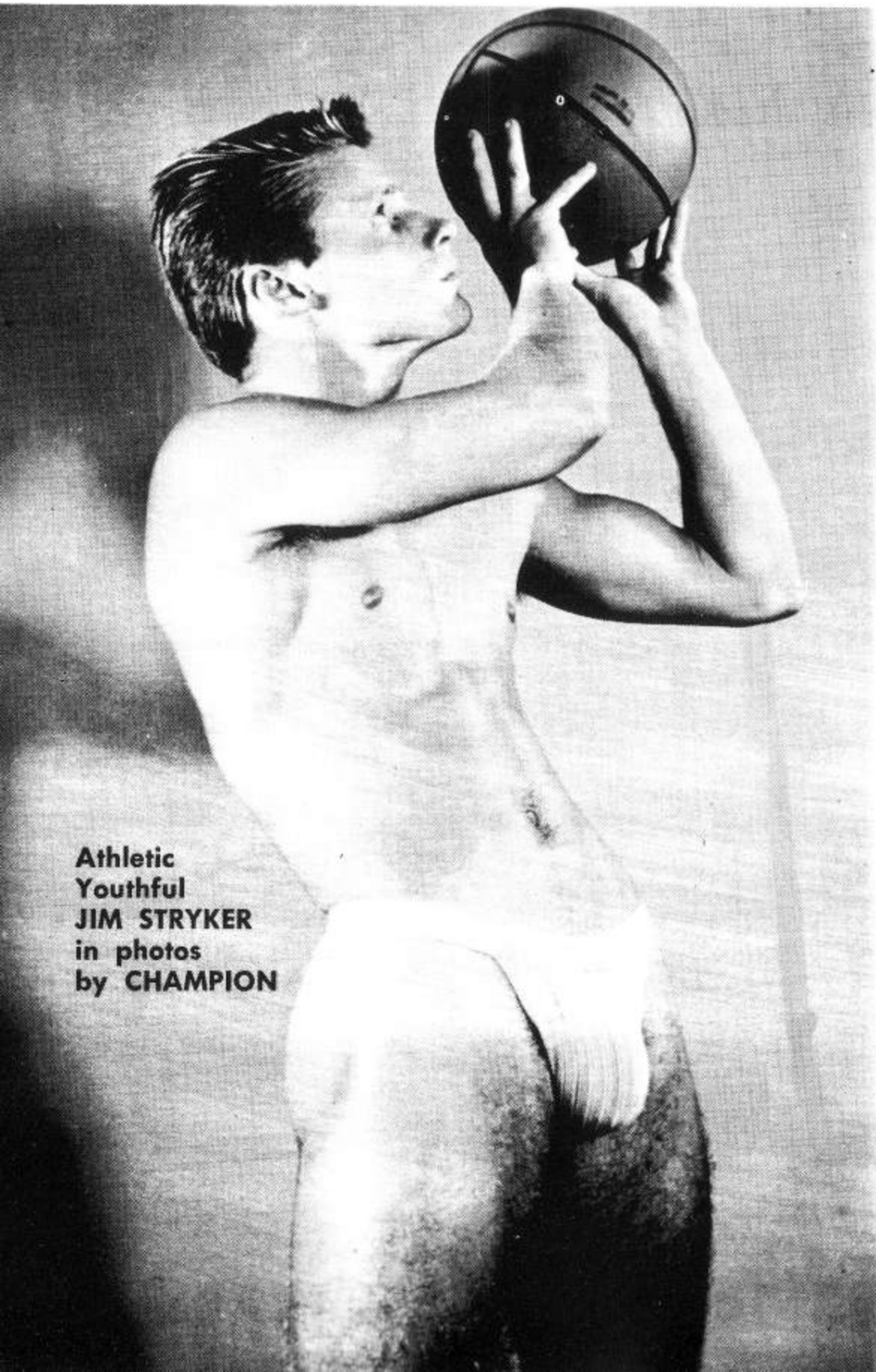


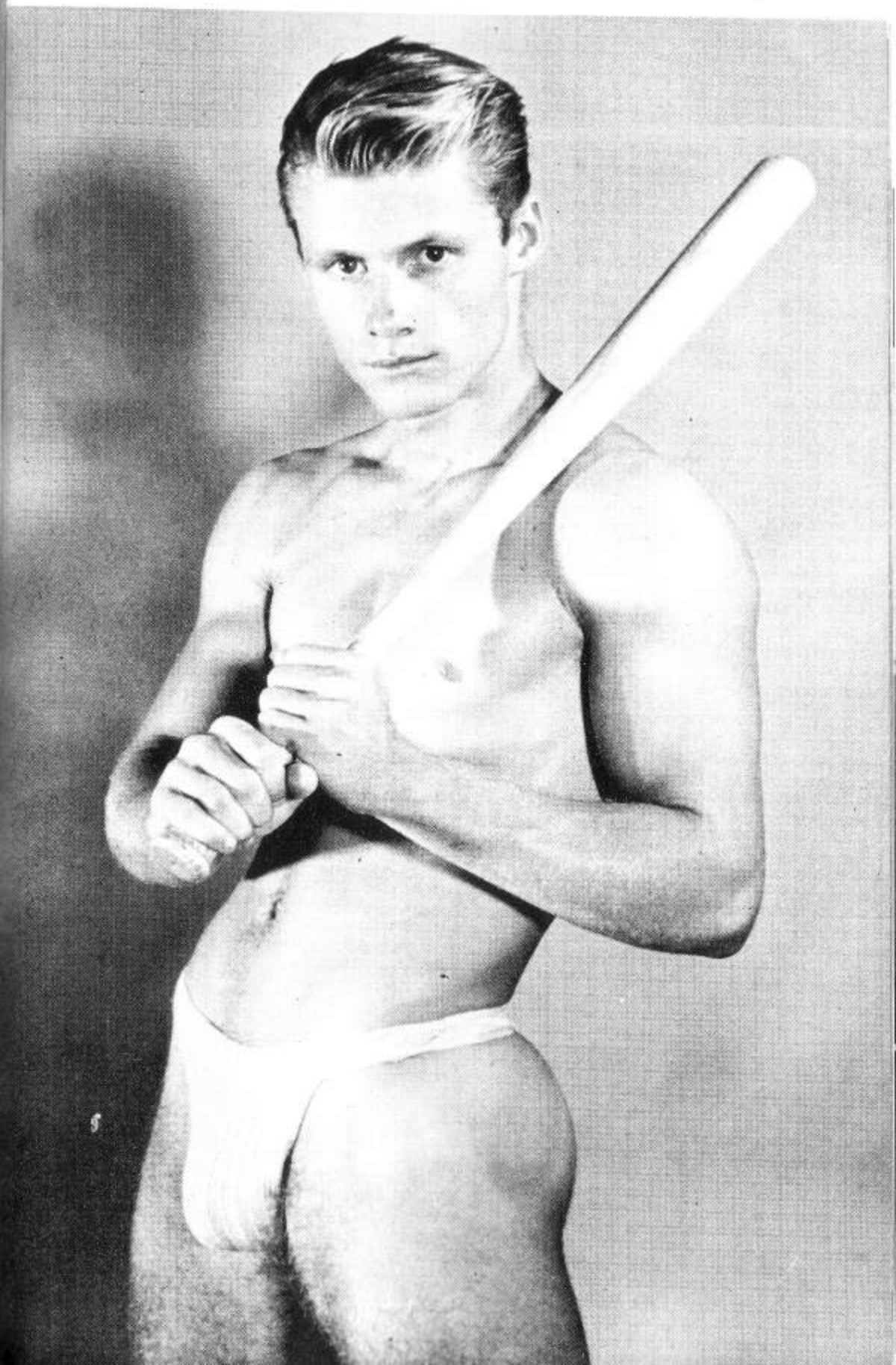
GARY BRANDENBURG in photos by WORTH



REG OSBORNE, the artist, and MAVIS PHILIPP, 16 year old model, in photos by JOHN GRAHAM




Athletic
Youthful
JIM STRYKER
in photos
by CHAMPION



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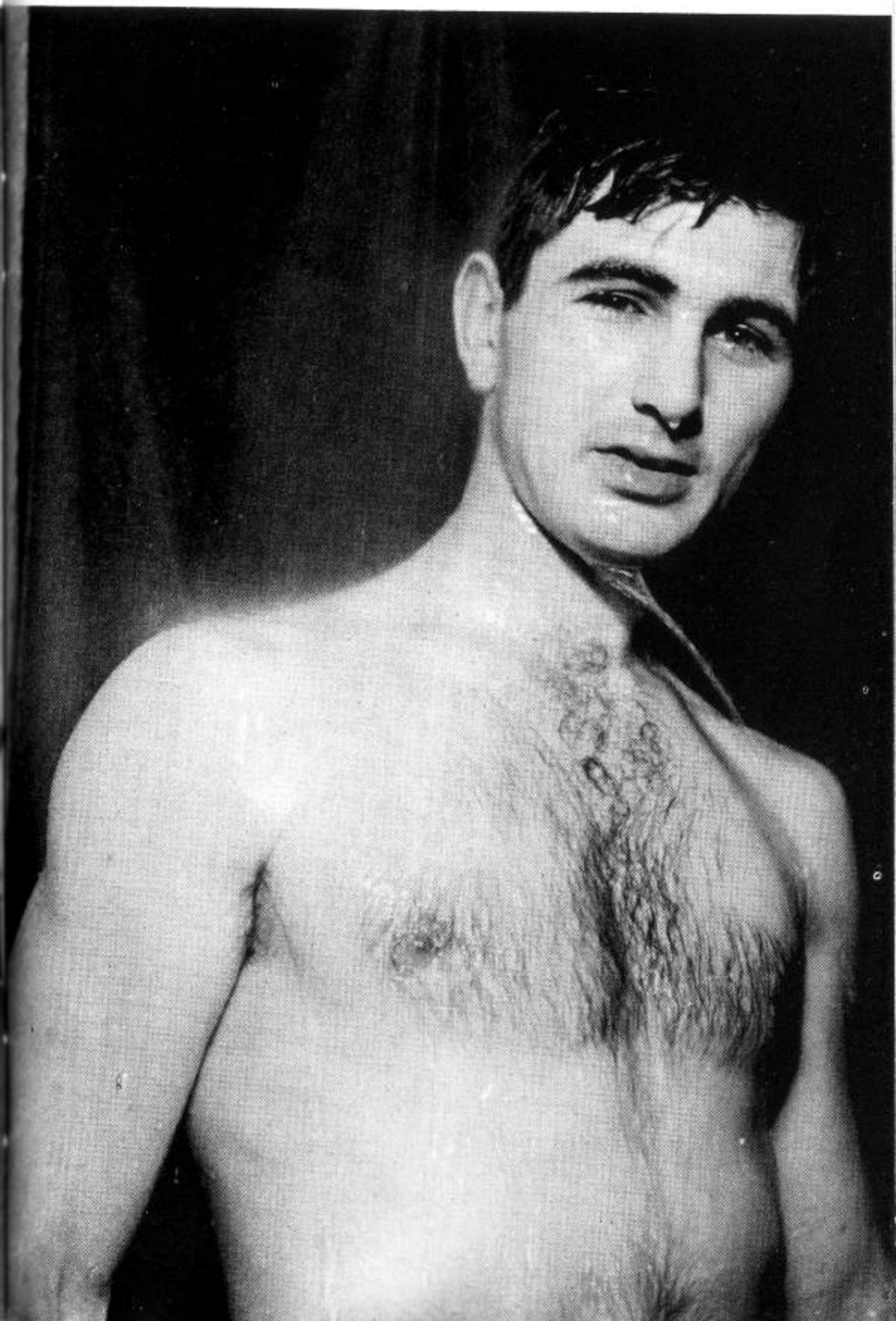
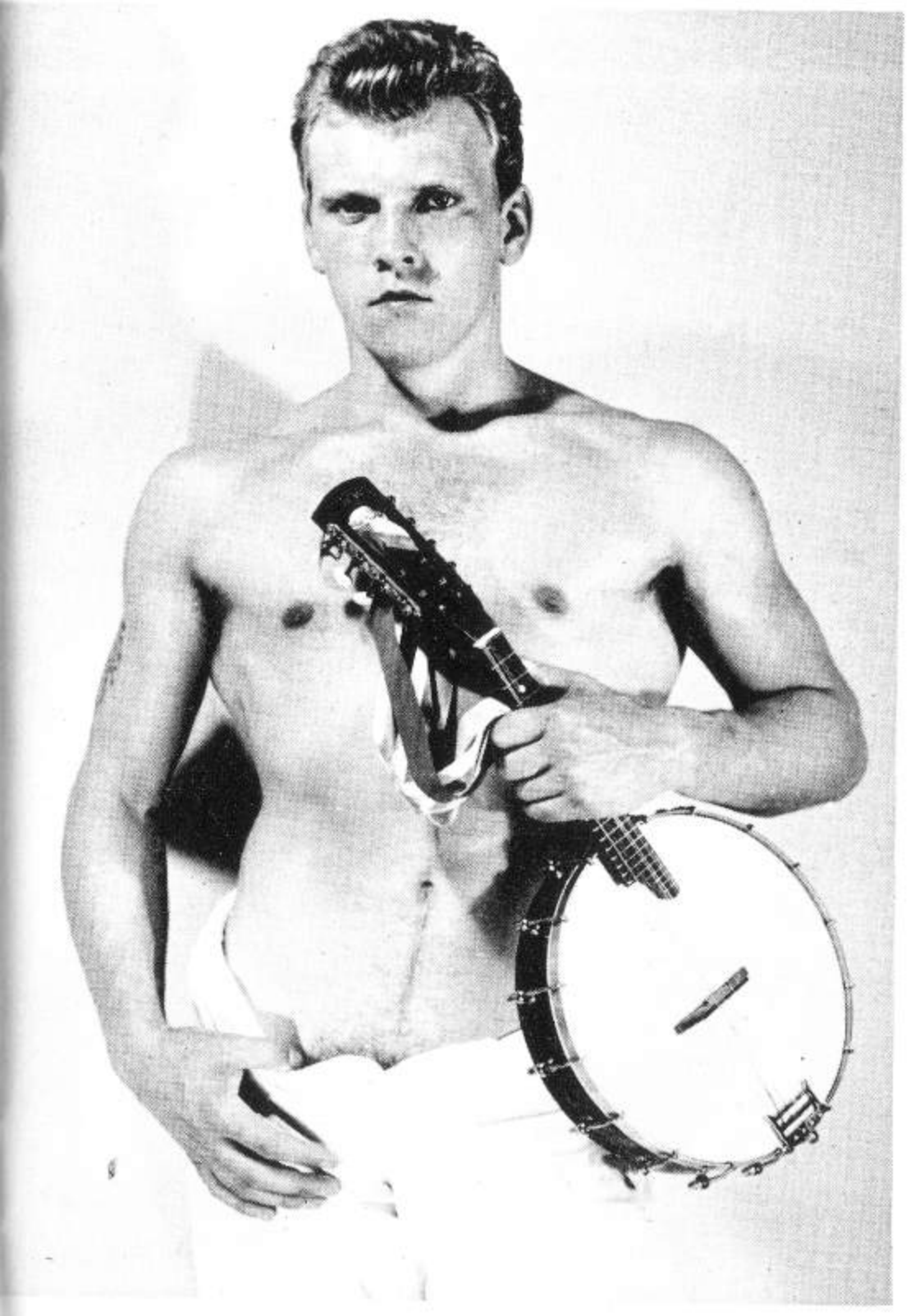
in photos

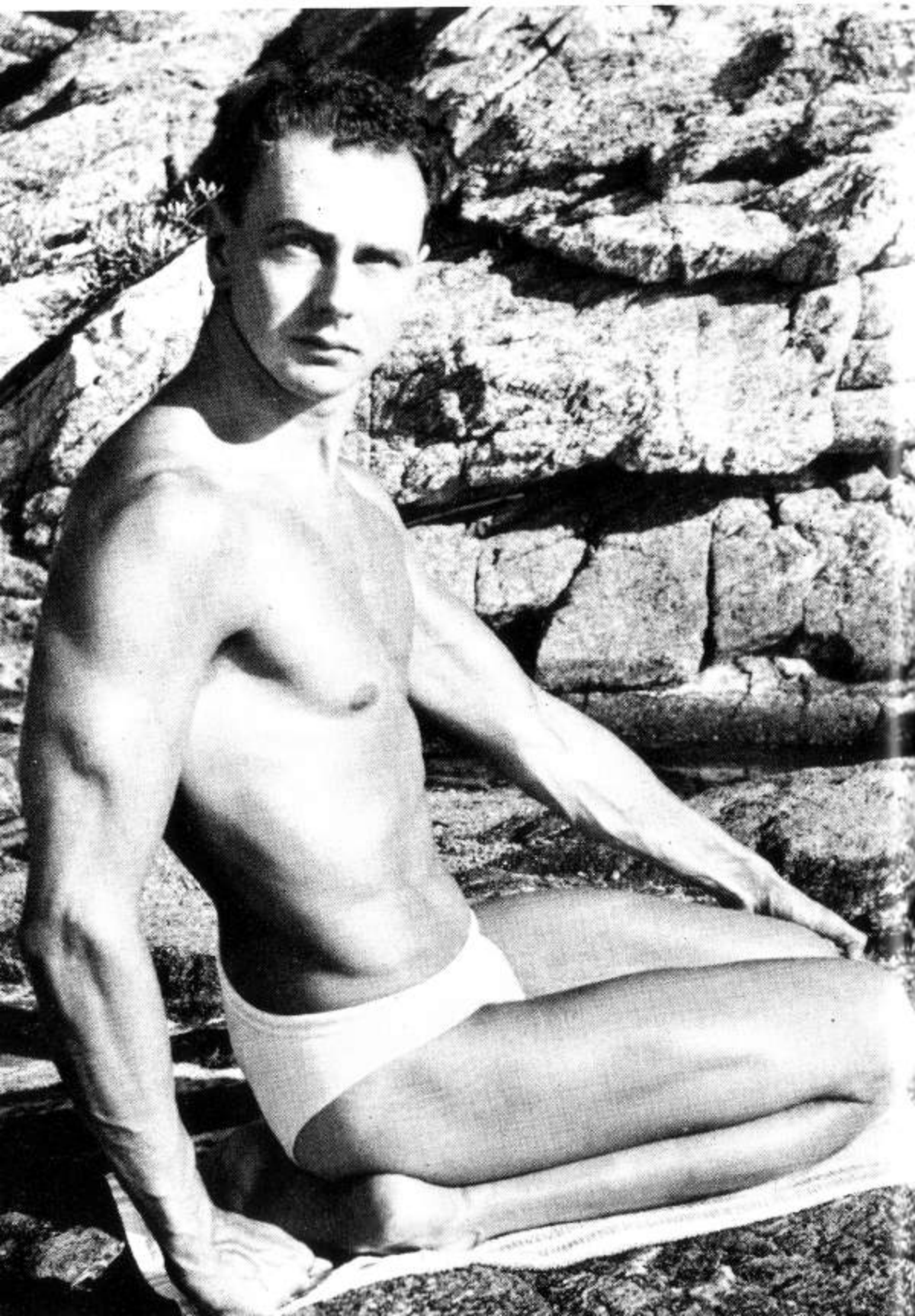
by WILLARD

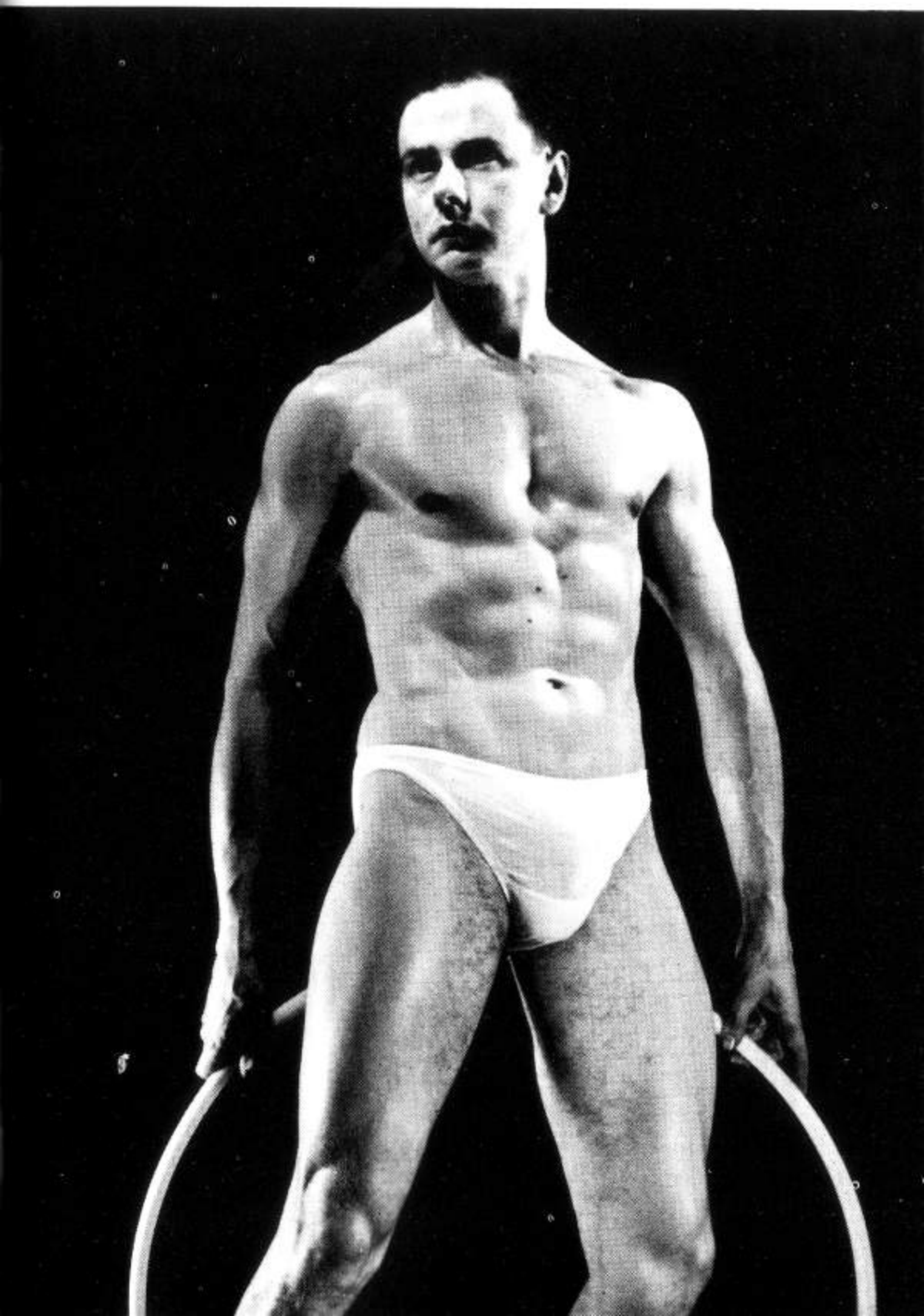


Svenne Borgh
in photos by
Foto Grafo

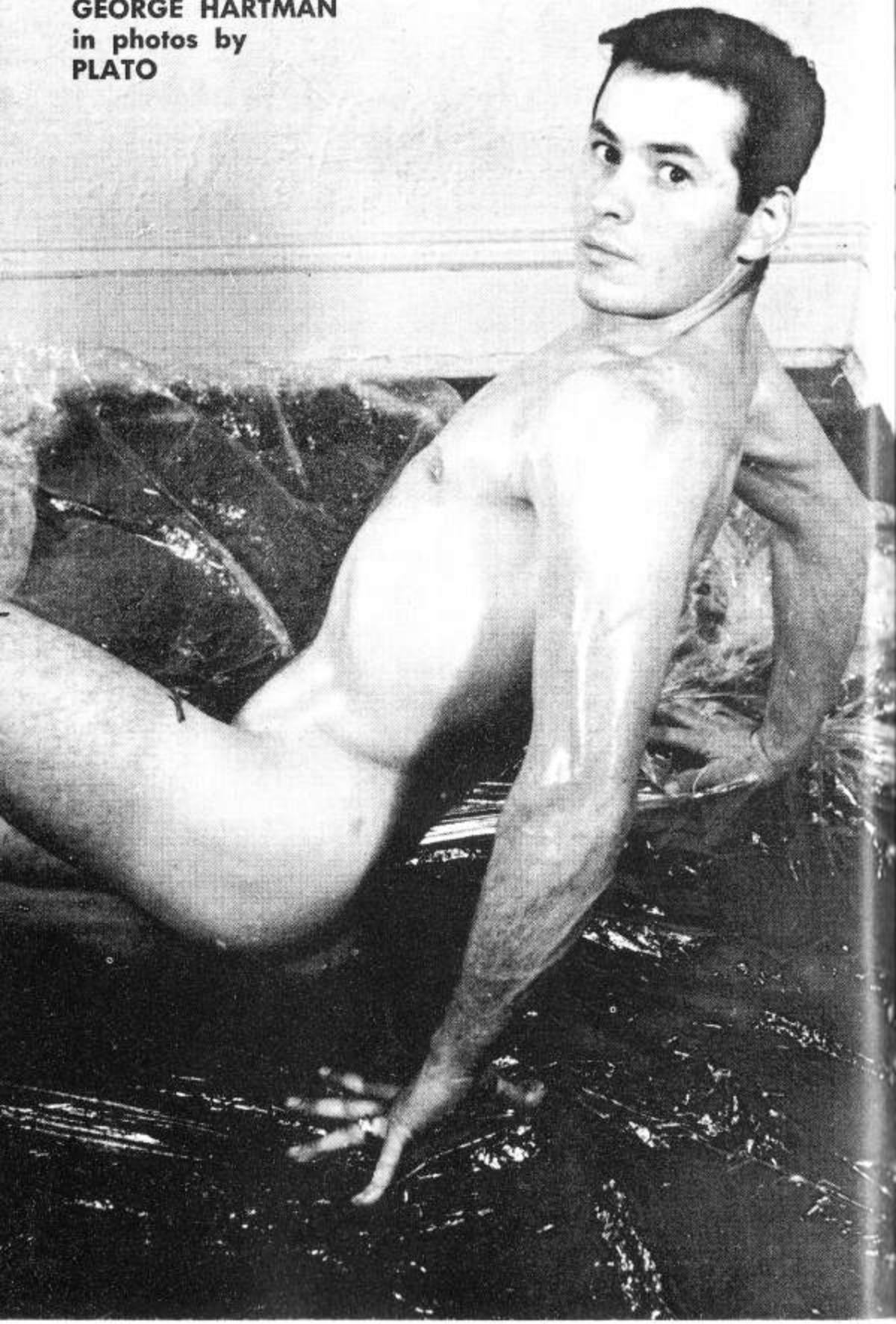


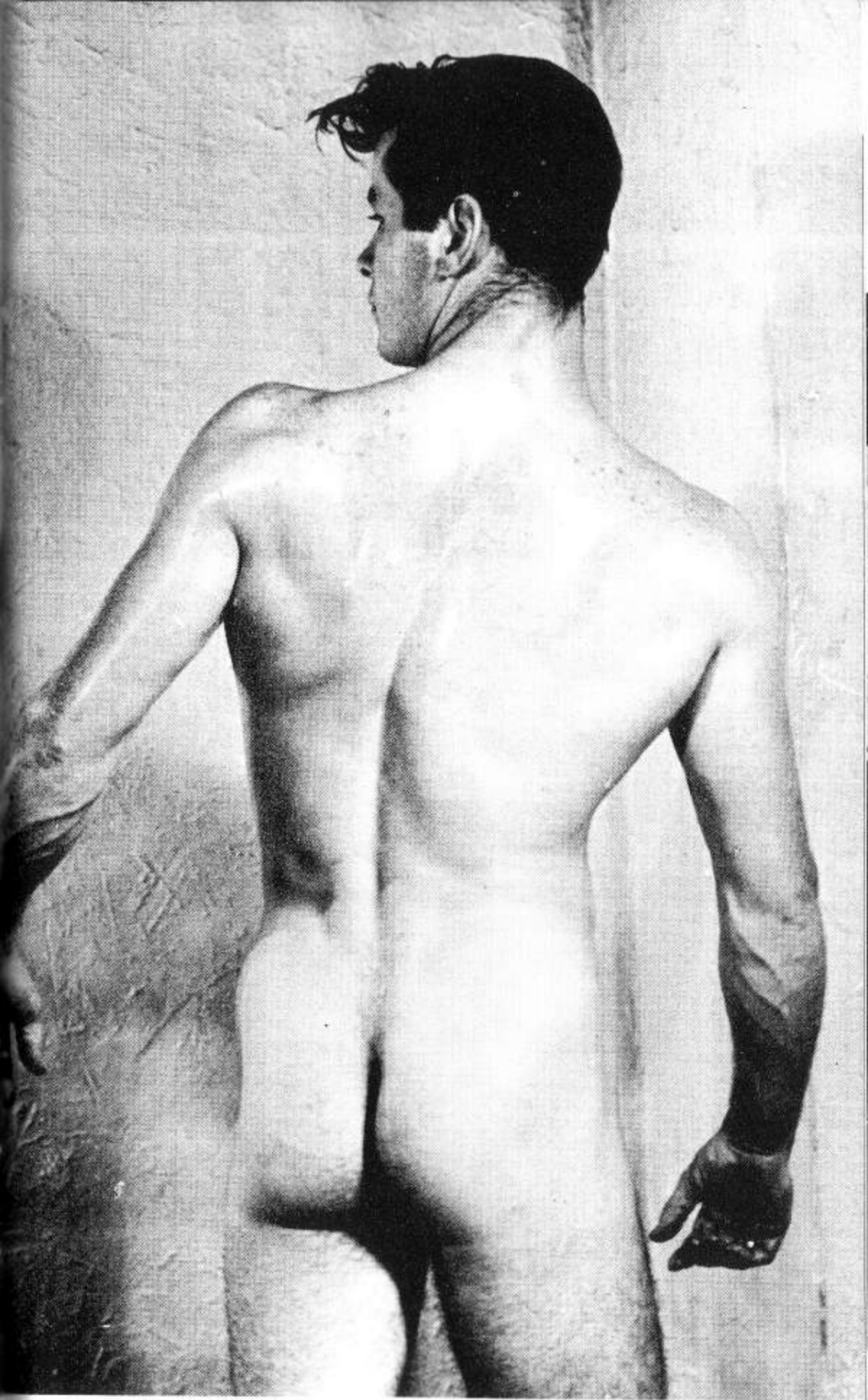
BOND BY BOND!





GEORGE HARTMAN
in photos by
PLATO

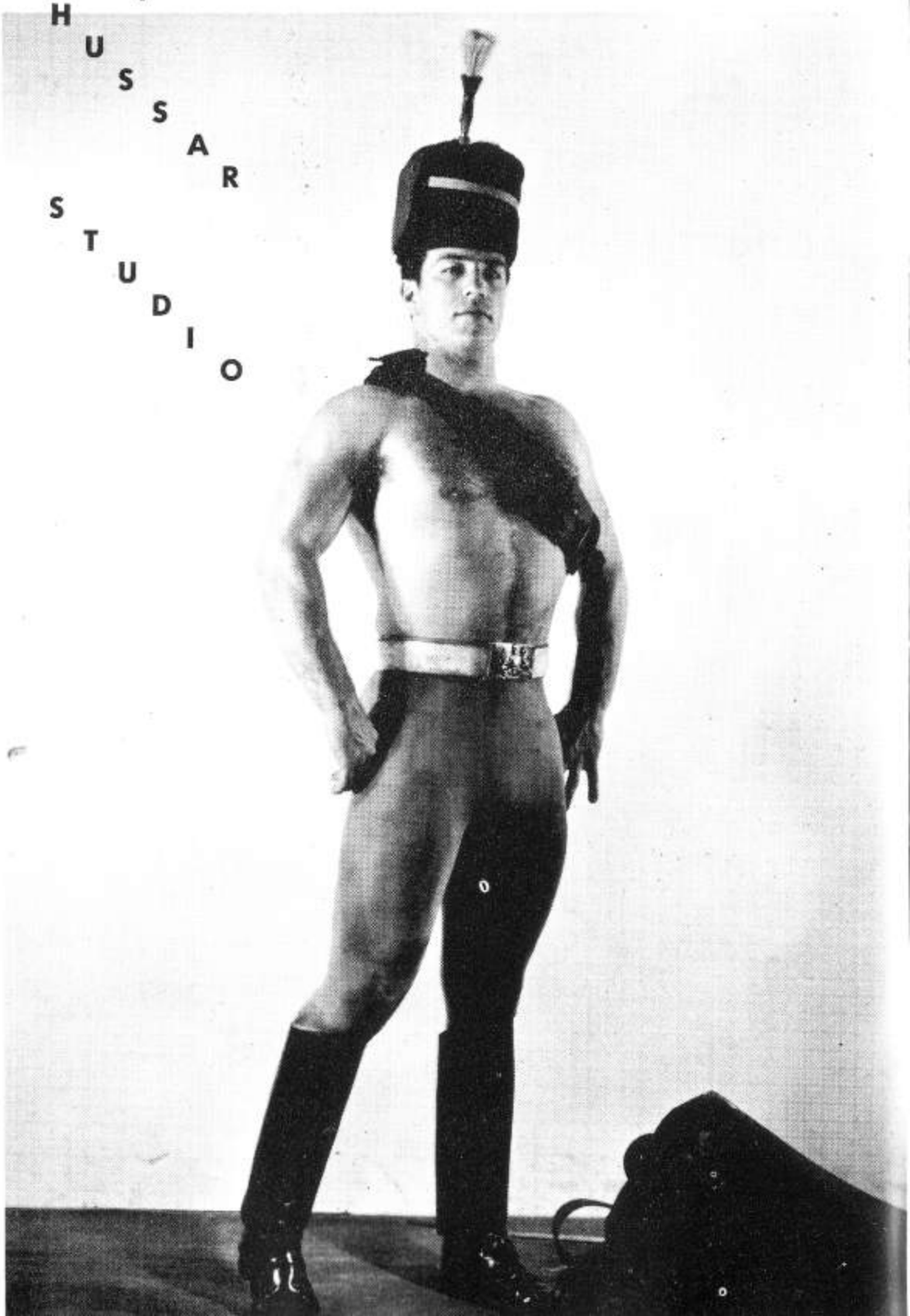


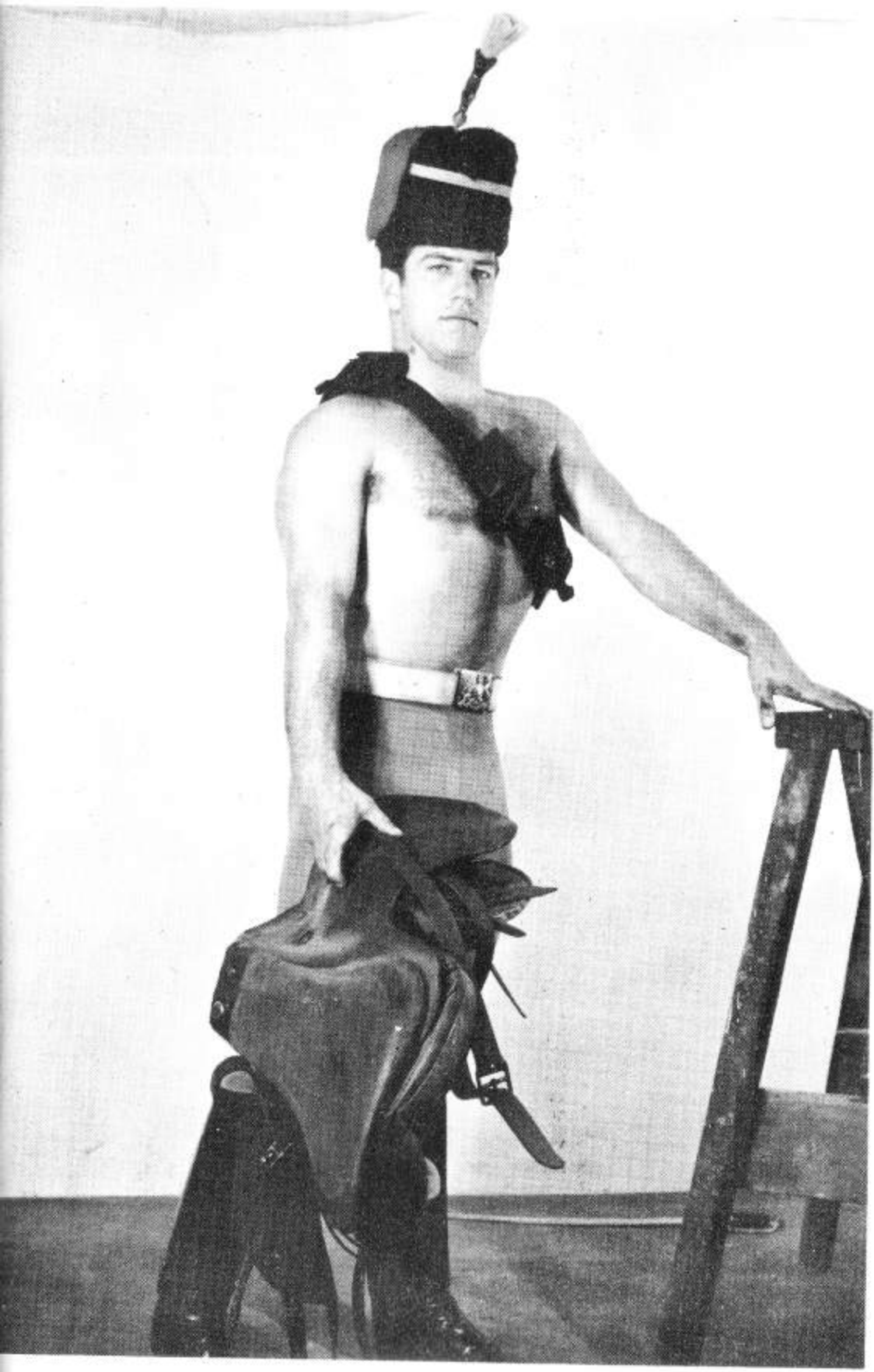


JUAN MESA
poses
for
a
PHOTO BY D

GEORGE NETELKOS
poses for a
PHOTO BY D

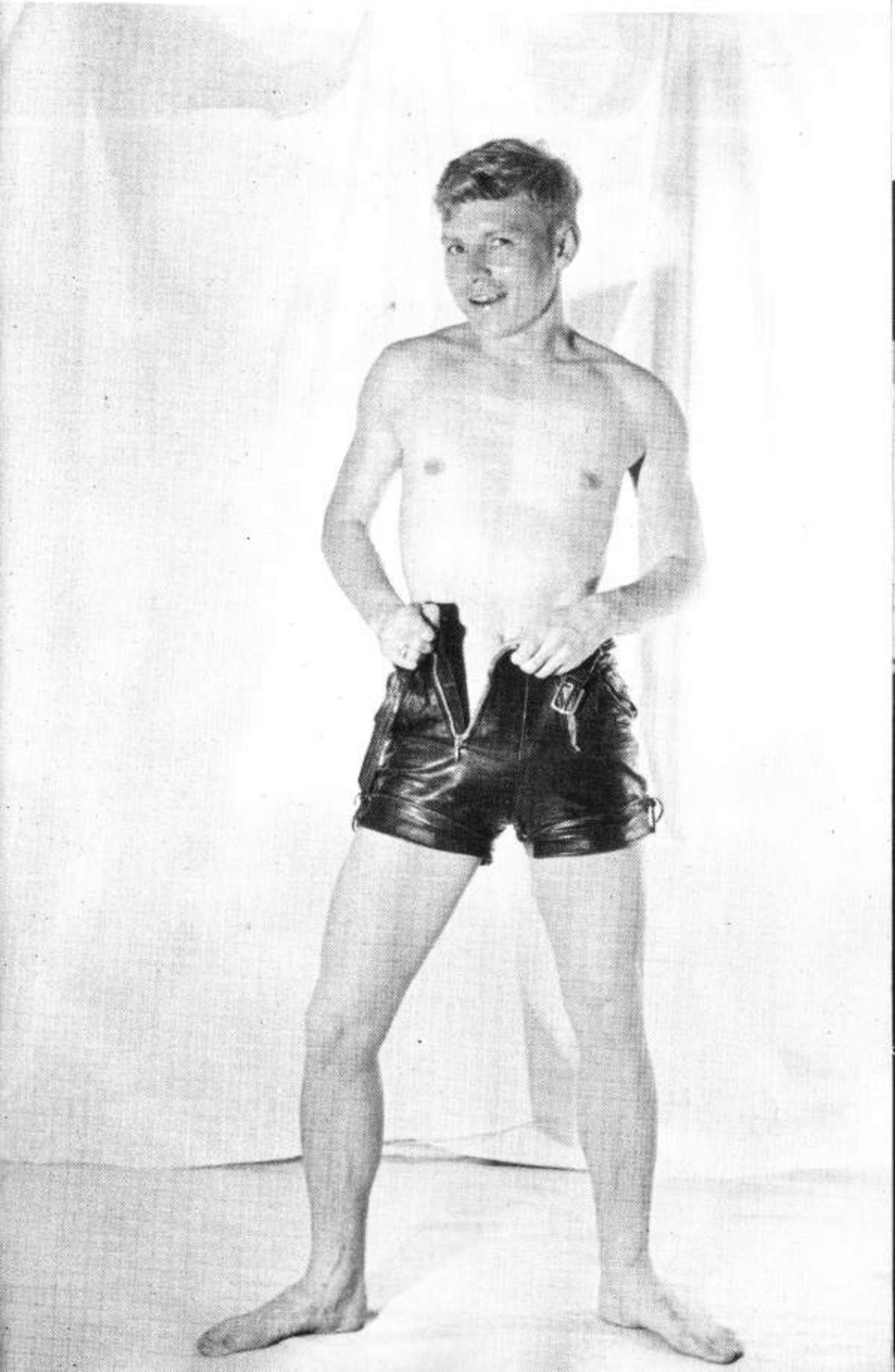
H. HEINER
in
photos
by
HUSSAR
STUDIO

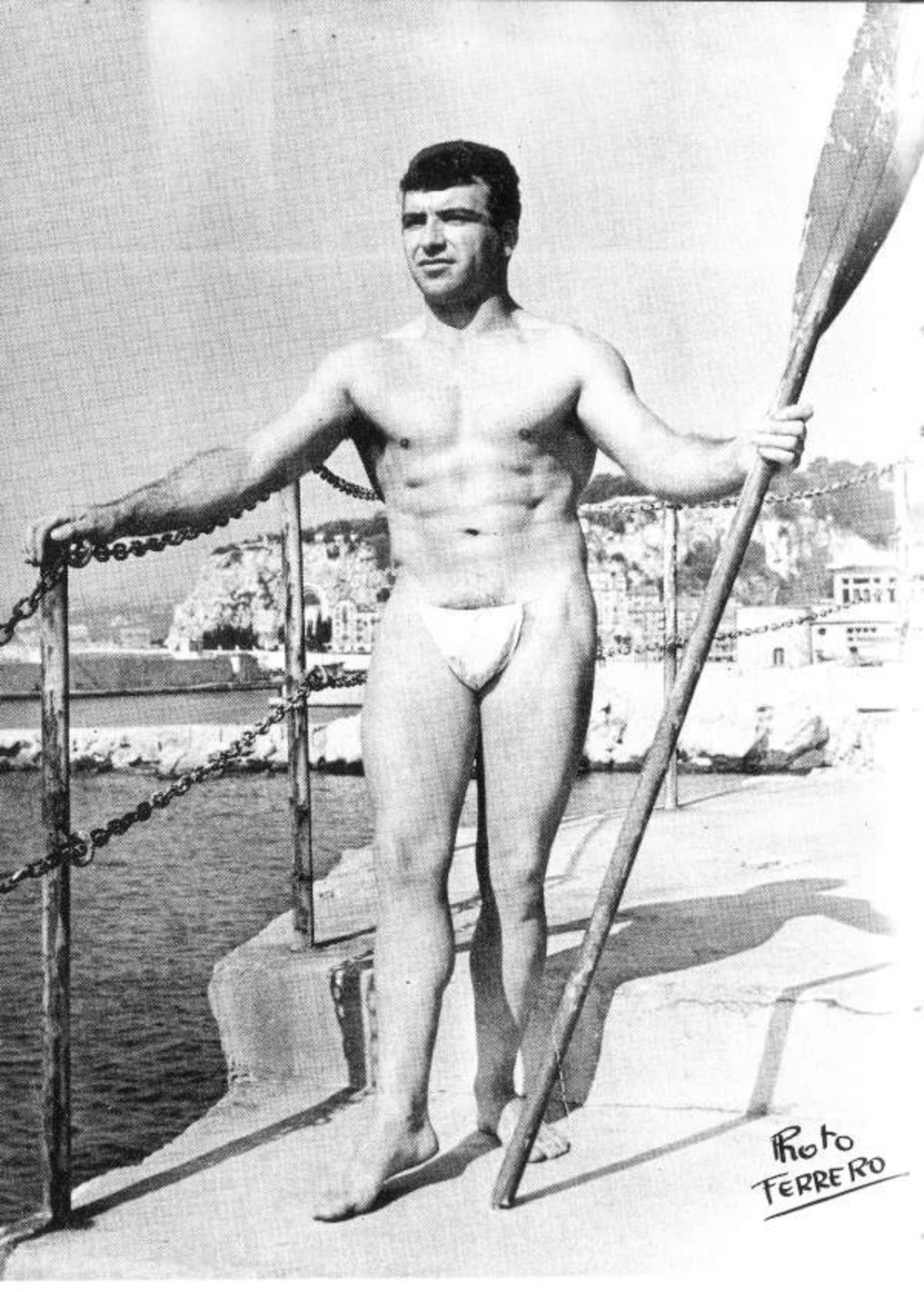




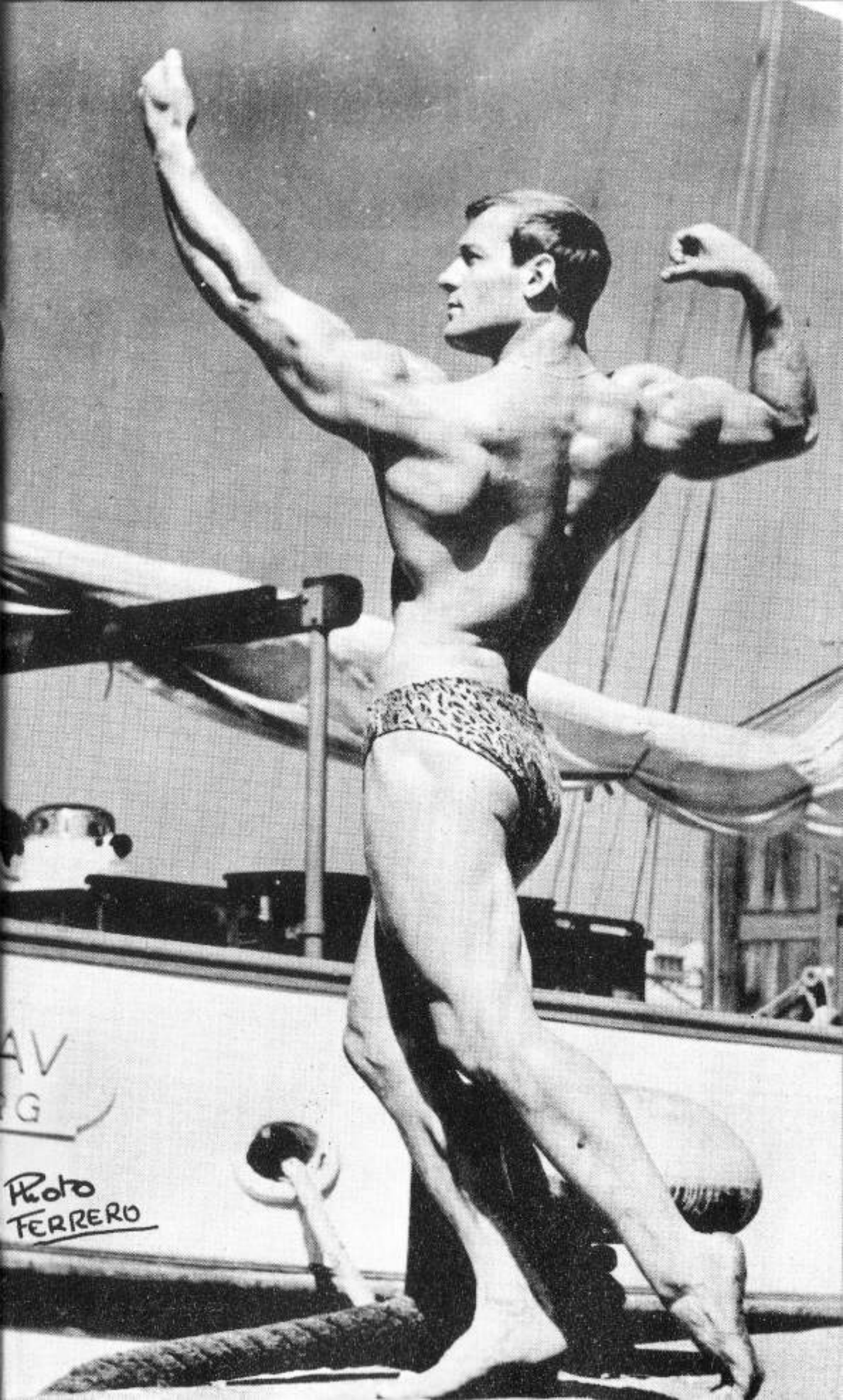
REBEL DON, and opposite, his buddy

YANKEE JON, in photos by, CAPITAL STUDIO





ROB DENTY, and opposite him, GUY MIERCZUCK, pose in photos by FERRERO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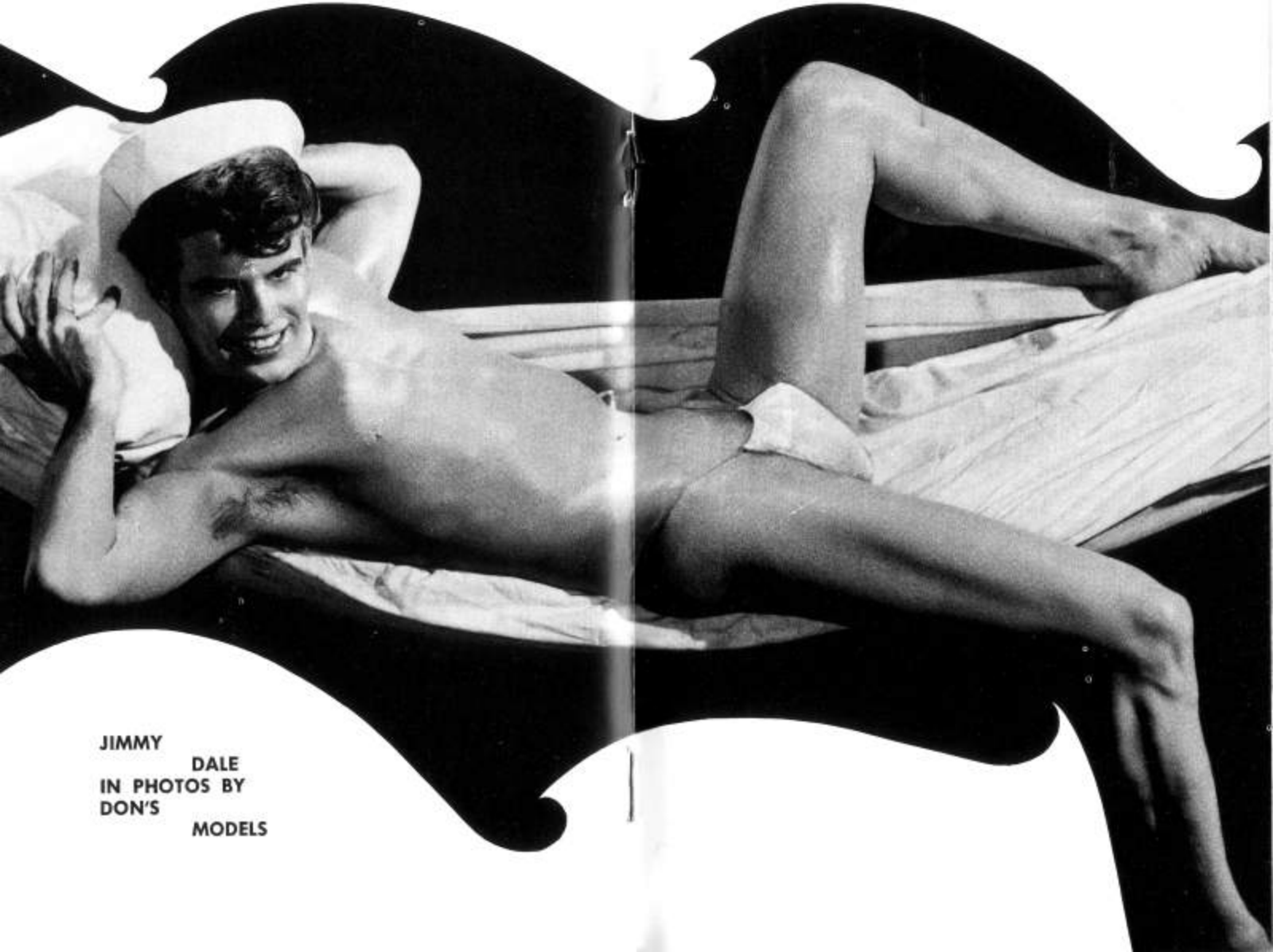
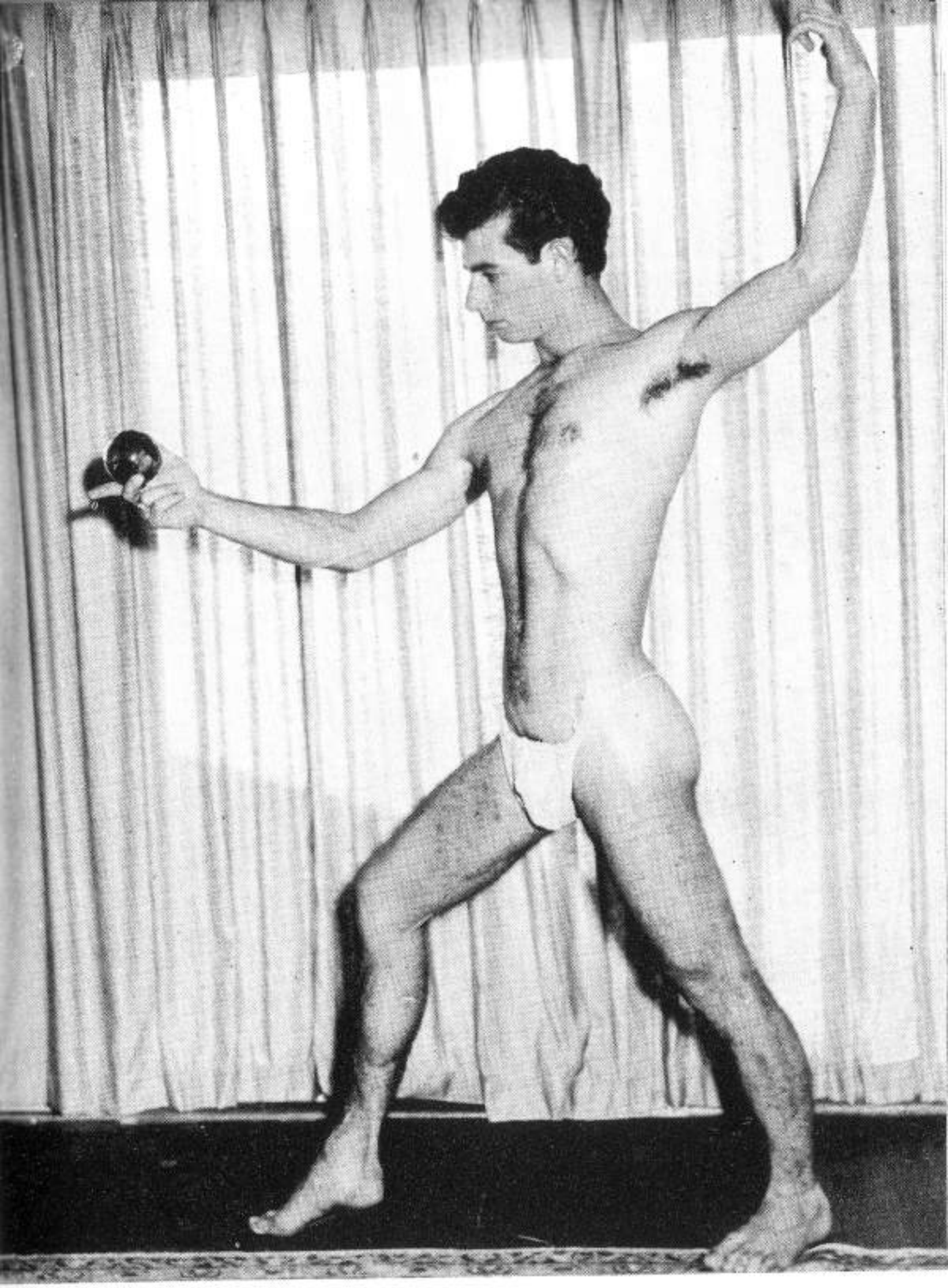
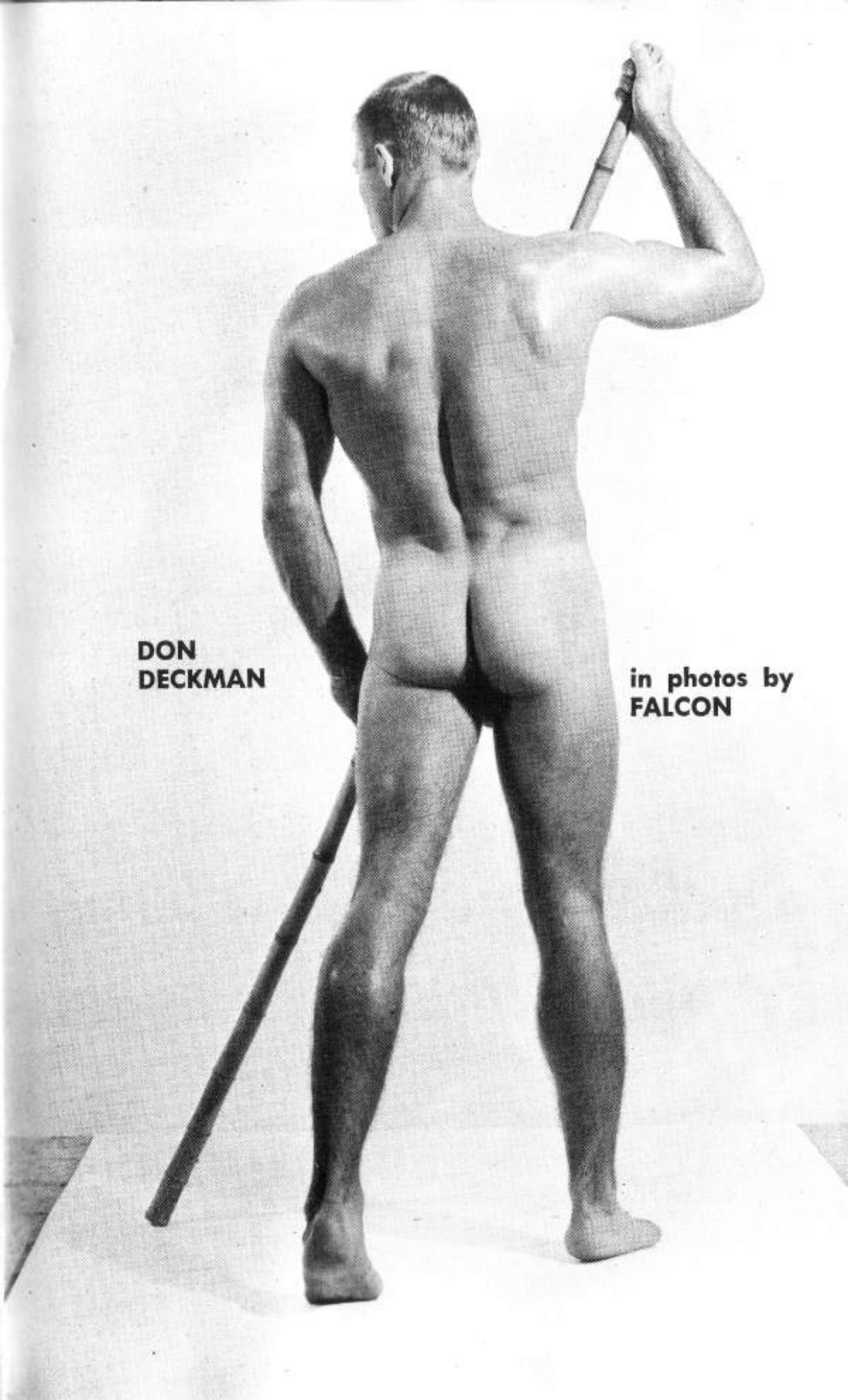


JIMMY DALE
IN PHOTOS BY DON'S MODELS

ROGER COTE, and
IN PHOTOS



BOB MCNAMRA
BY AP-JZ


DON
DECKMAN
in photos by
FALCON

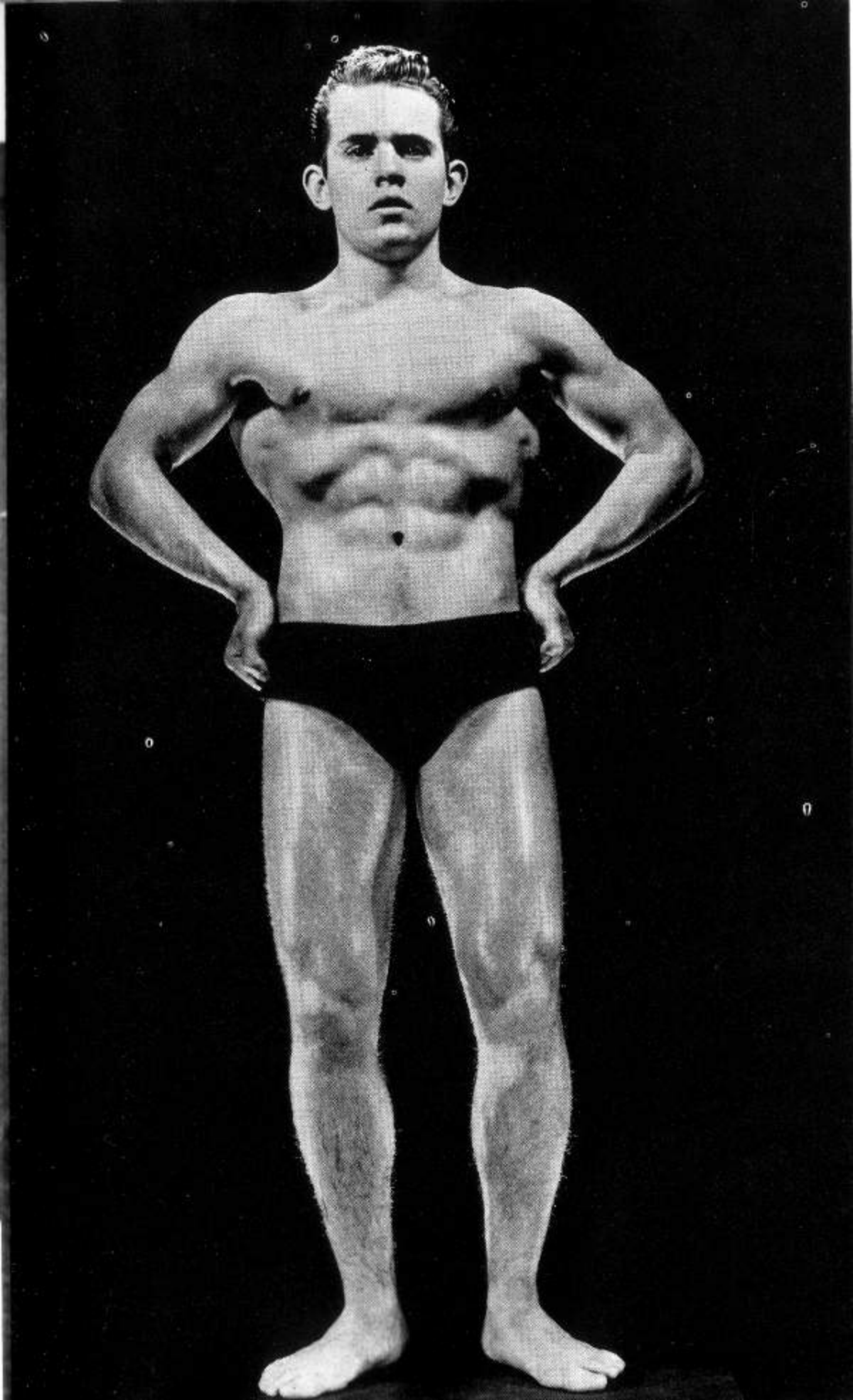
PHIL
KNIGHT

DAVID ZURBORG

IN PHOTOS BY

BRUCE

Nineteen and Handsome, RALPH VENTURA appears in photos by AL URBAN



MARTY, in a photo by
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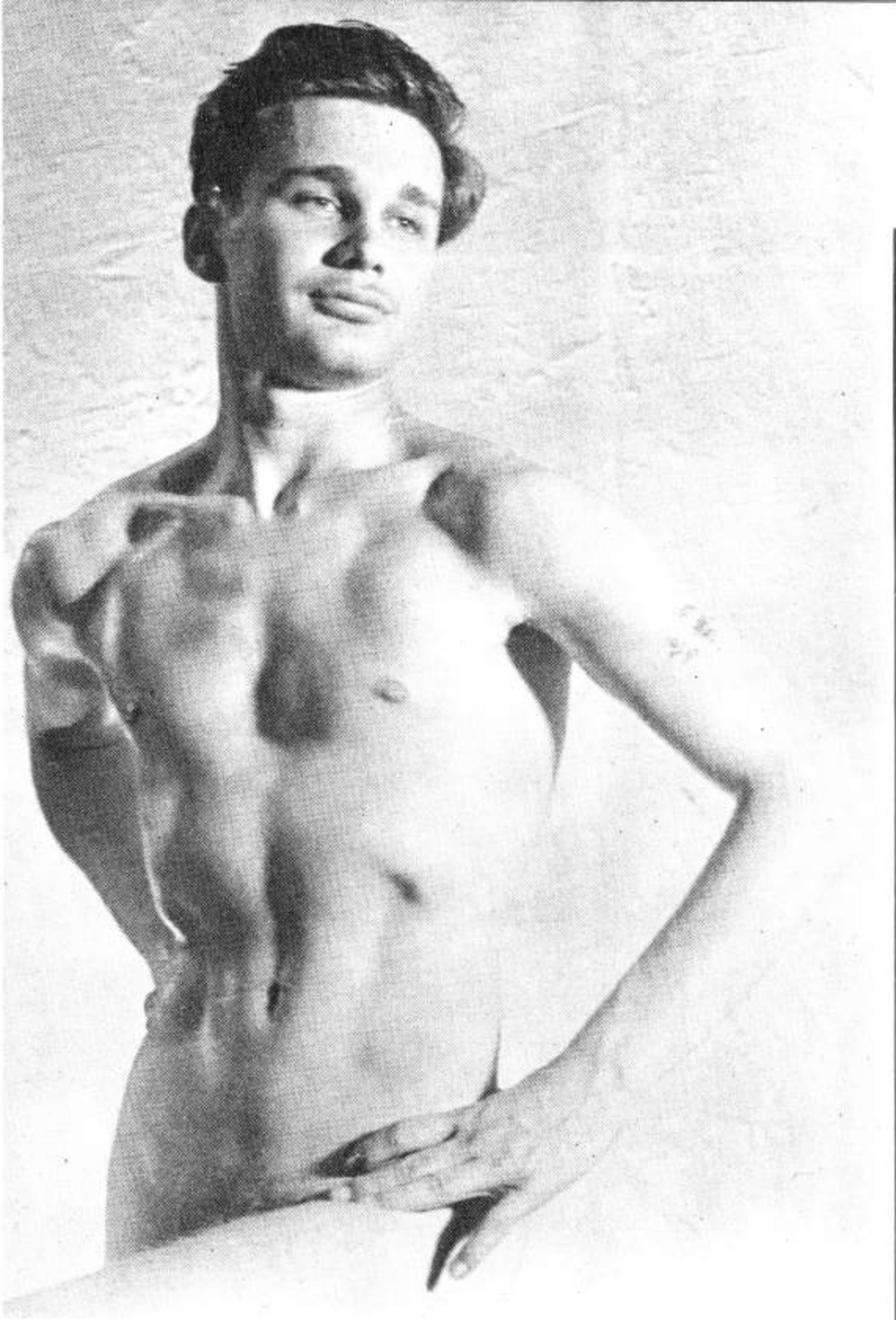
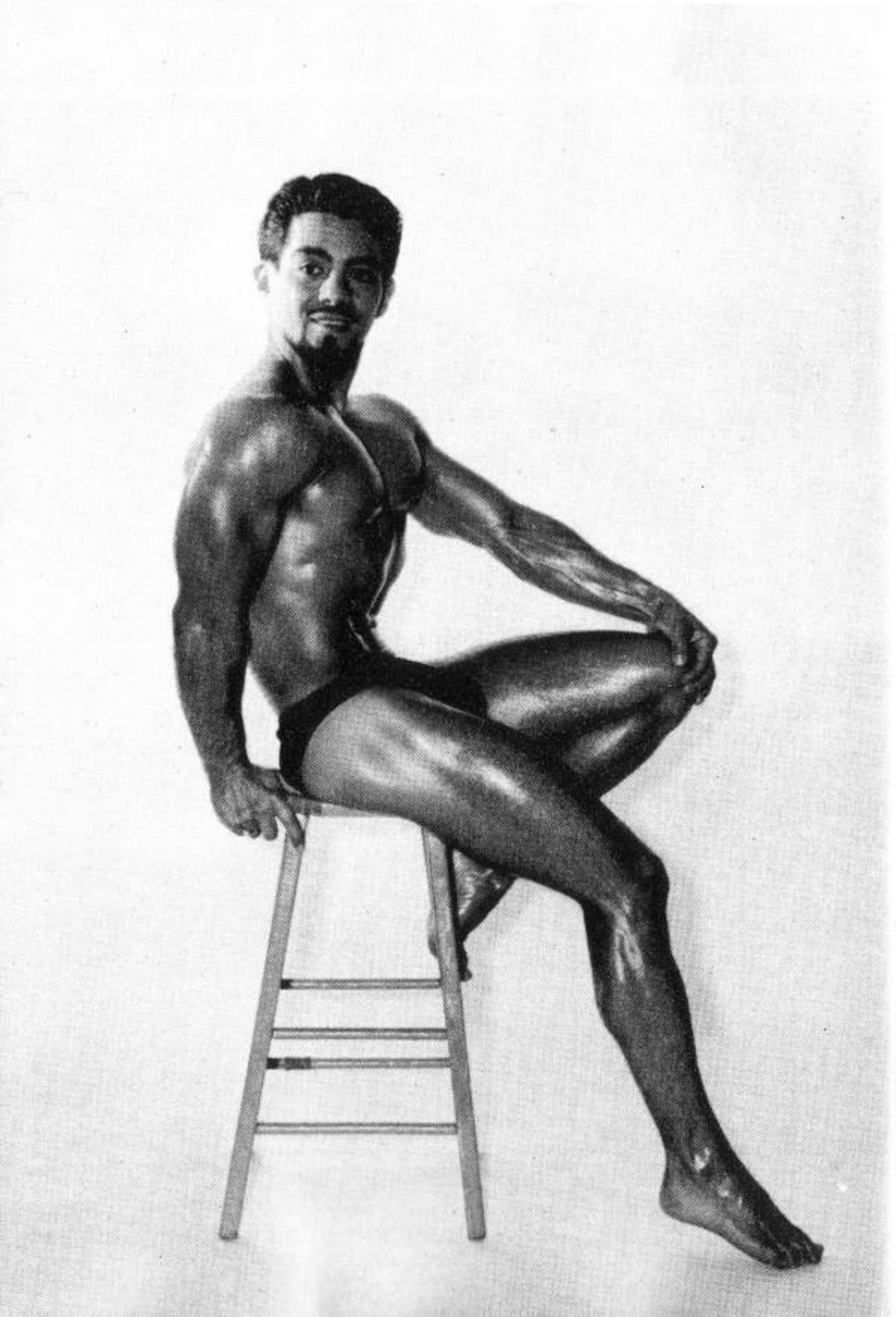
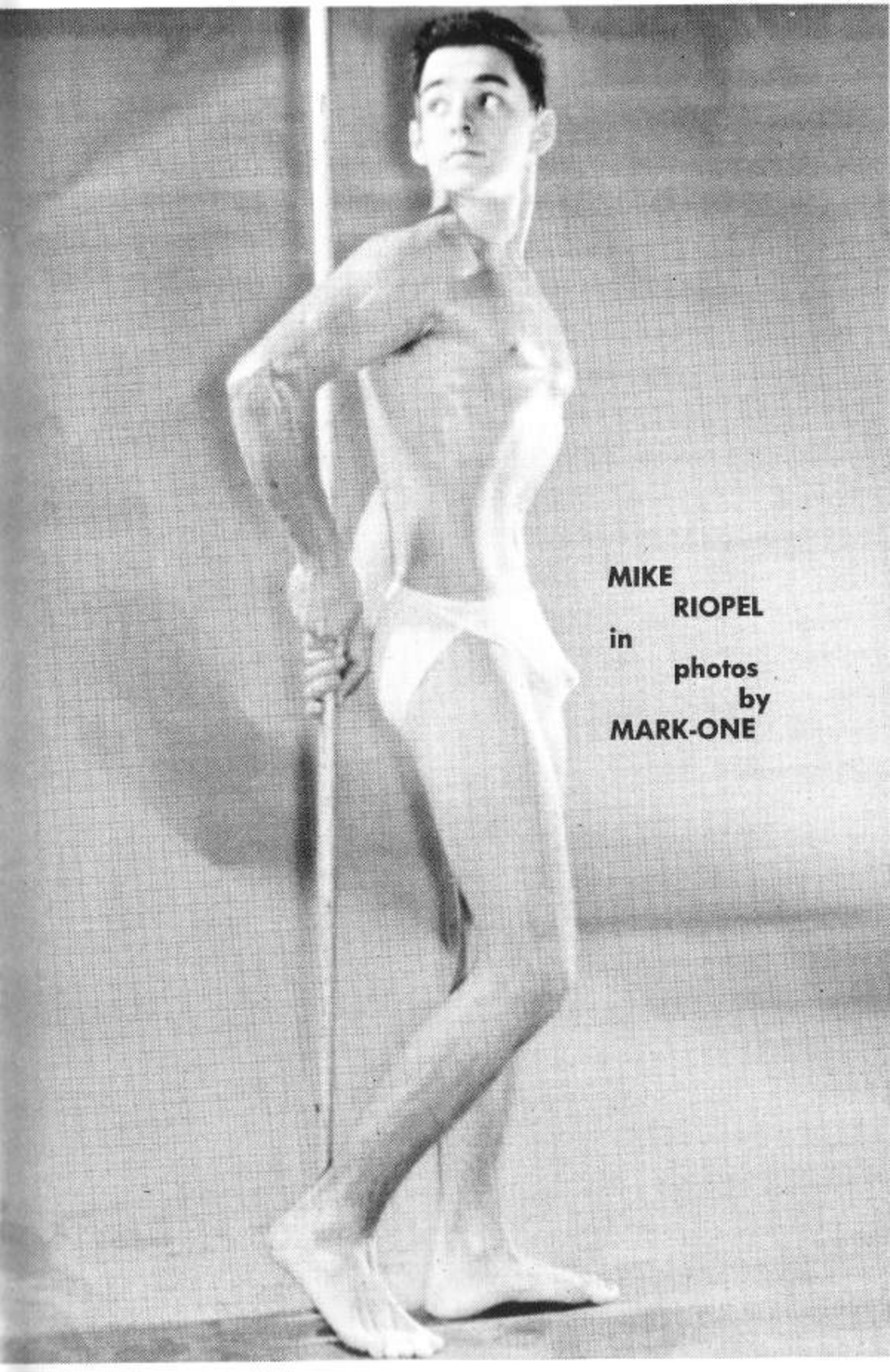


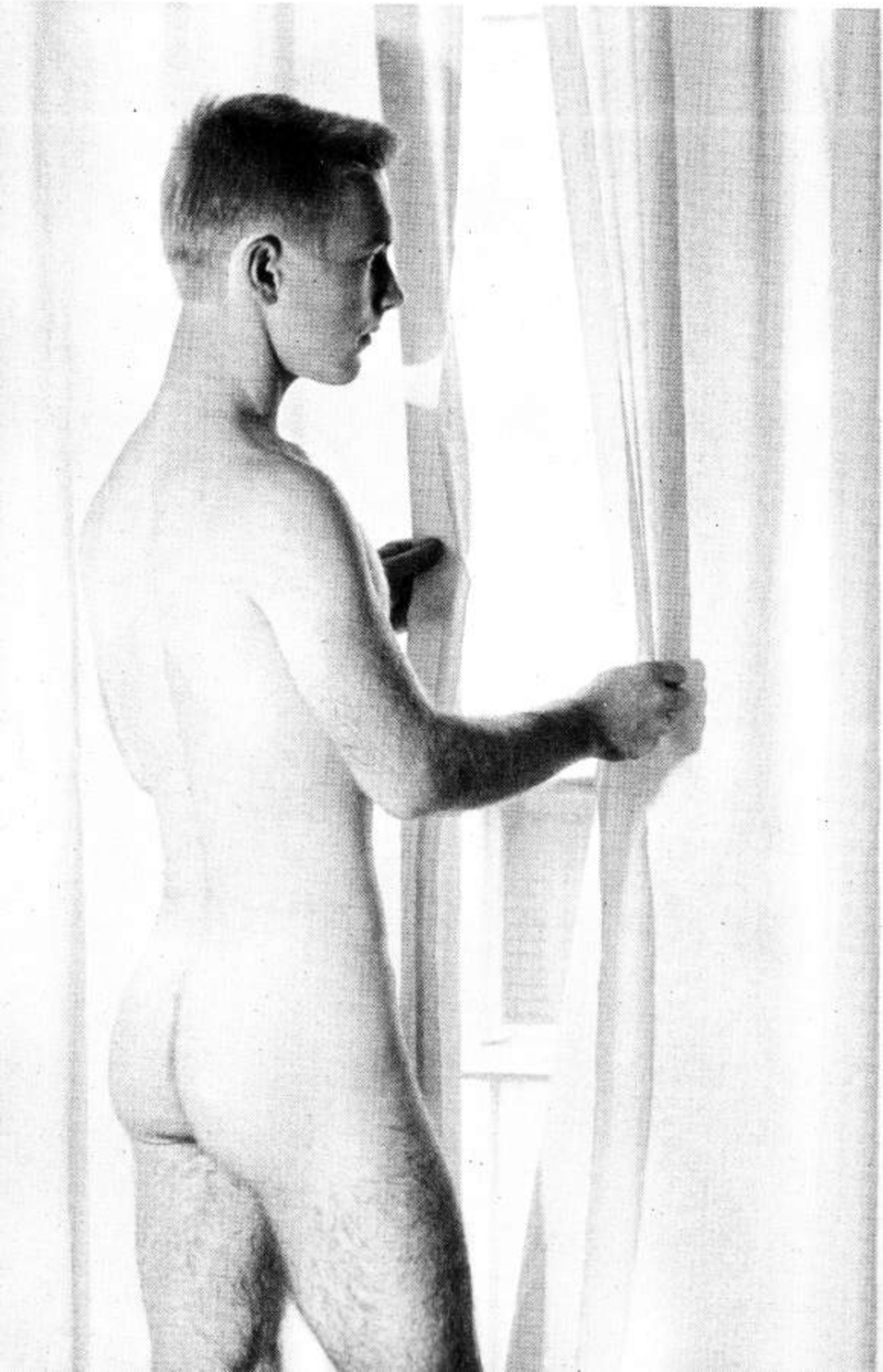
DANNY, in photos

by PLATO

ERNIE LOPEZ
in photos by
MARK-ONE




MIKE
RIOPEL
in
photos
by
MARK-ONE



DANNY DAVIS

STUDIO CAPITAL

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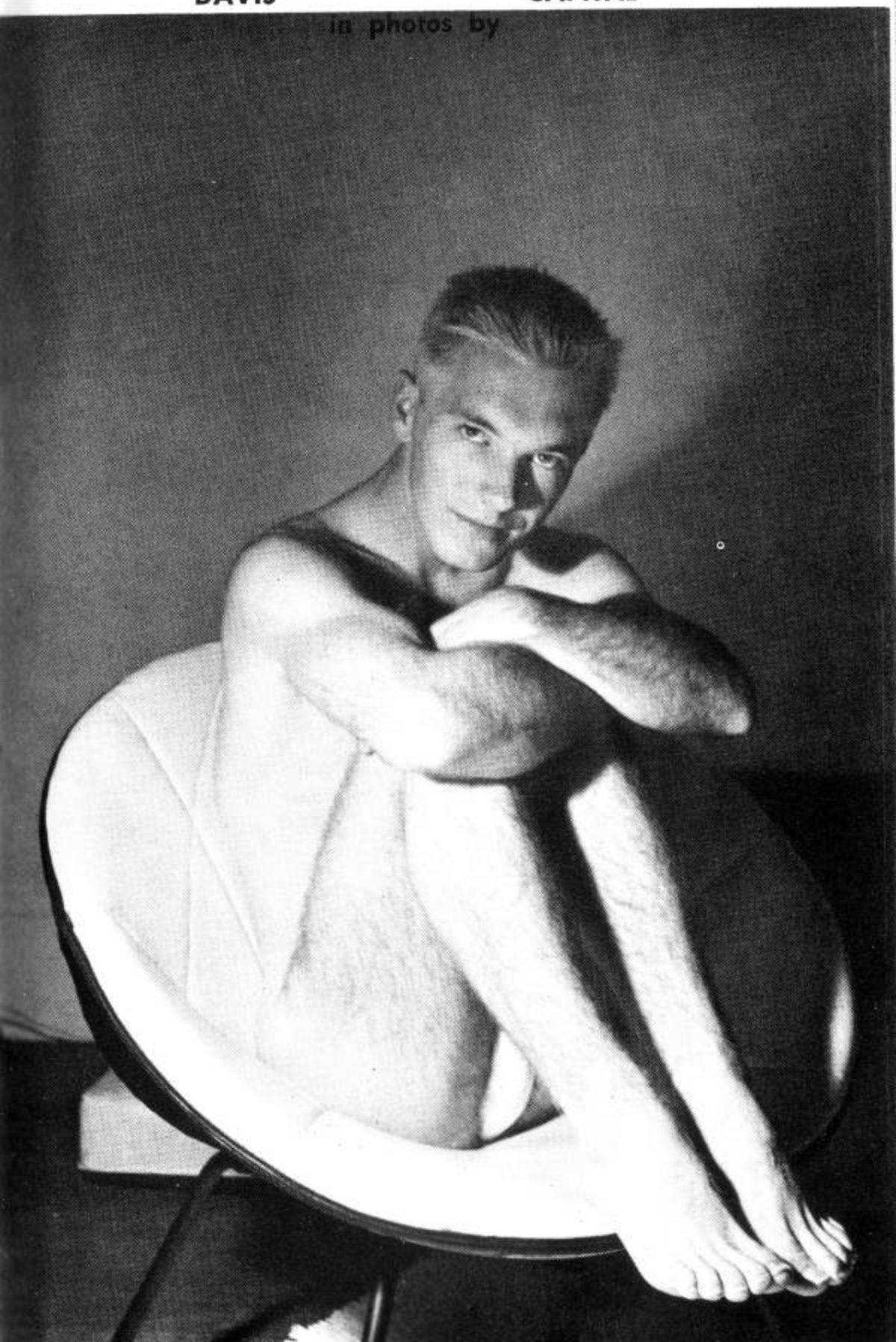
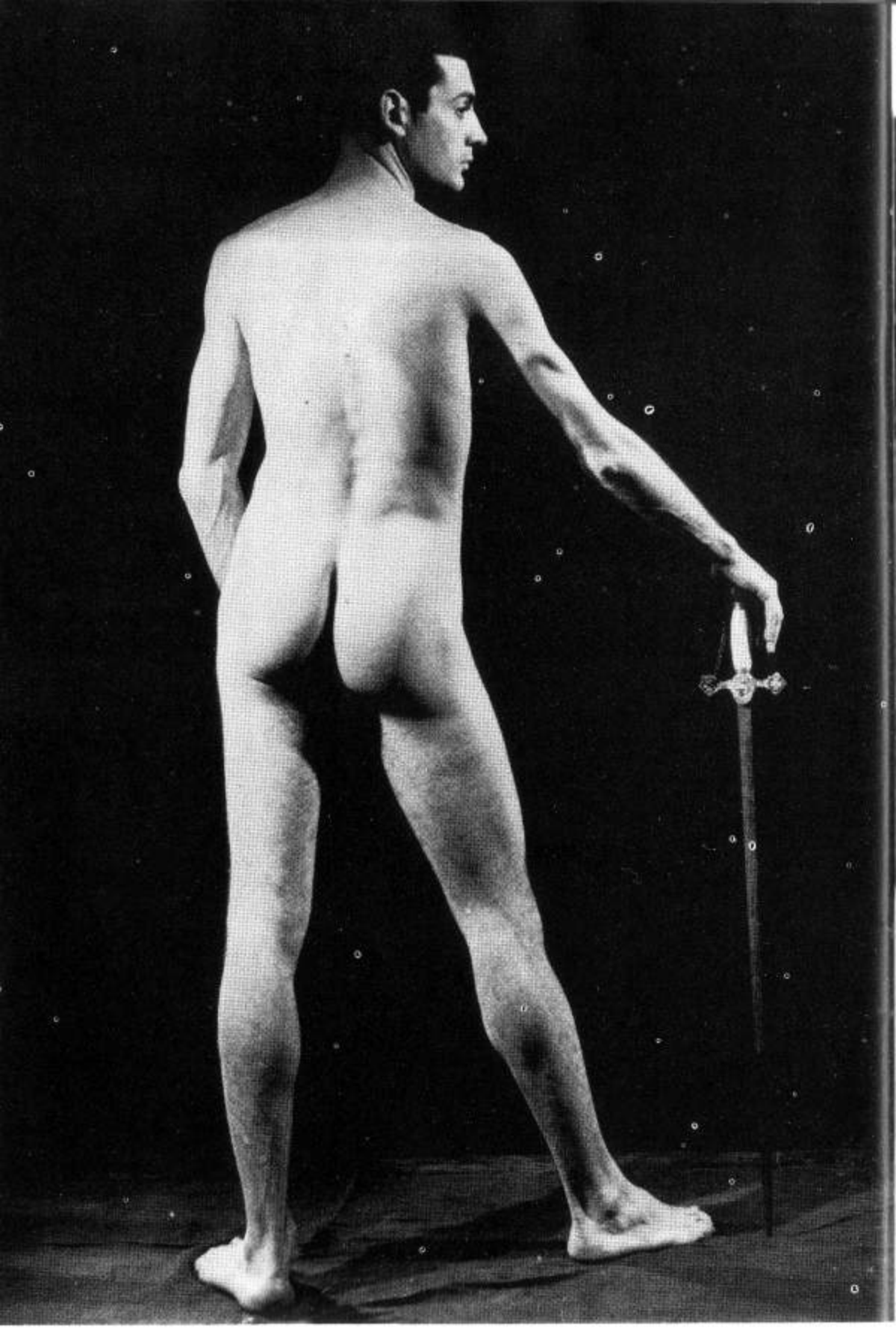
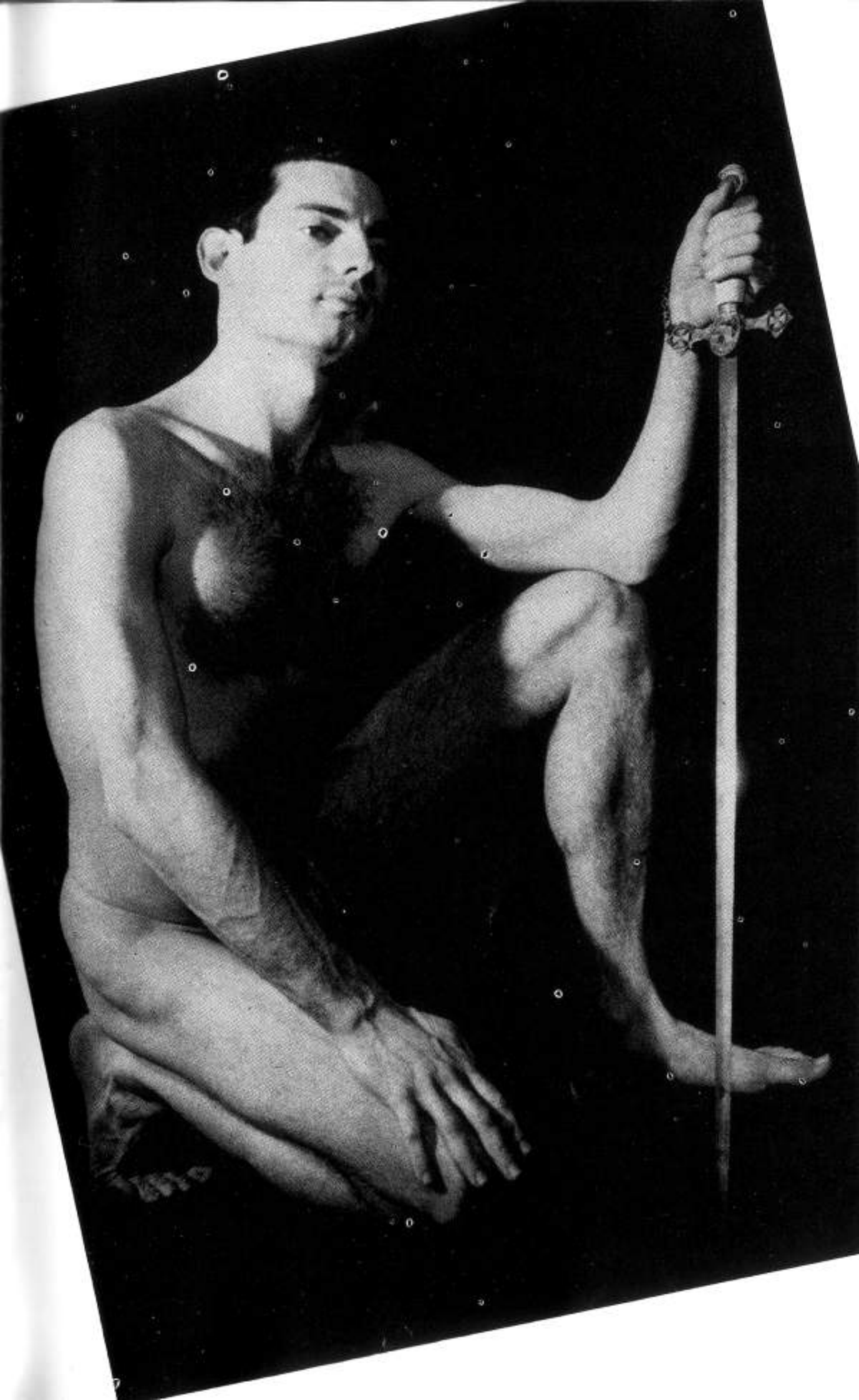
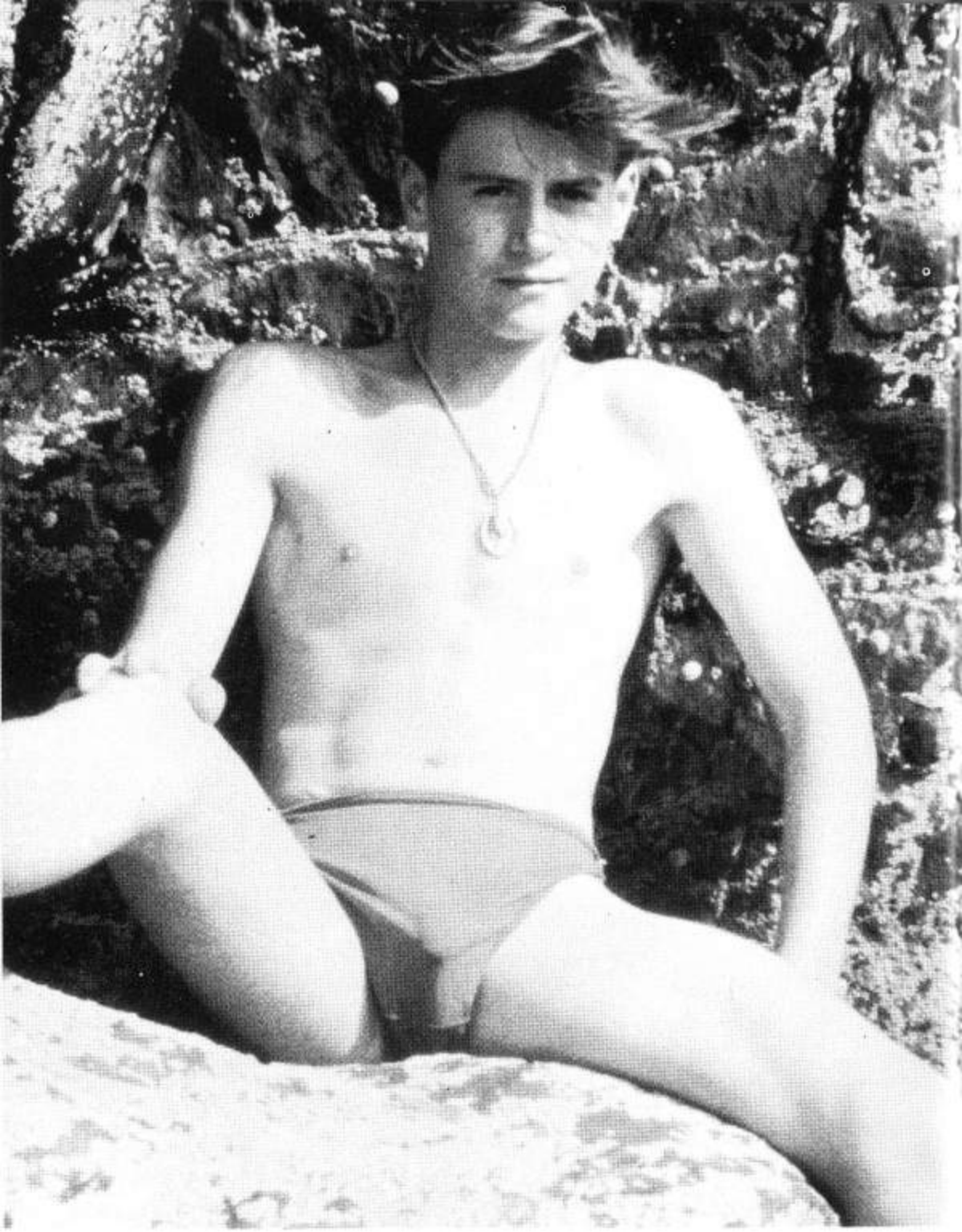


ALAN GABRIEL, 25, and kind of "different" Alan has done lots of work in films and T.V. Basically, he is a singer and an excellent party-giver! Photos by COLART



BILL DE CARLO
in photos by
WILLARD





PETER WOOD
14 year old model
poses
for LANZA OF LONDON

FRED COLLINS and his pal JOHN SKILLING wrestle for the camera of ROYALE

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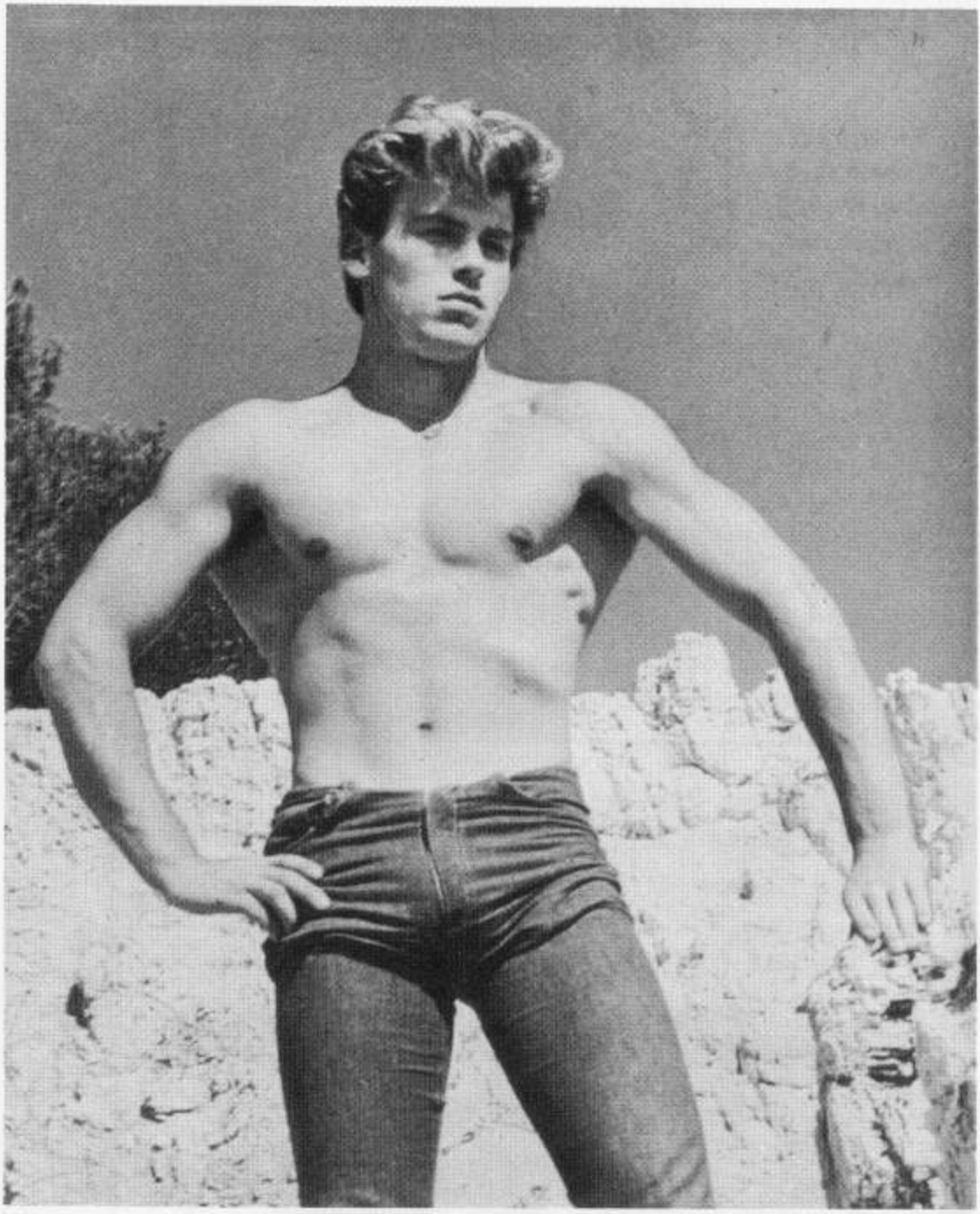

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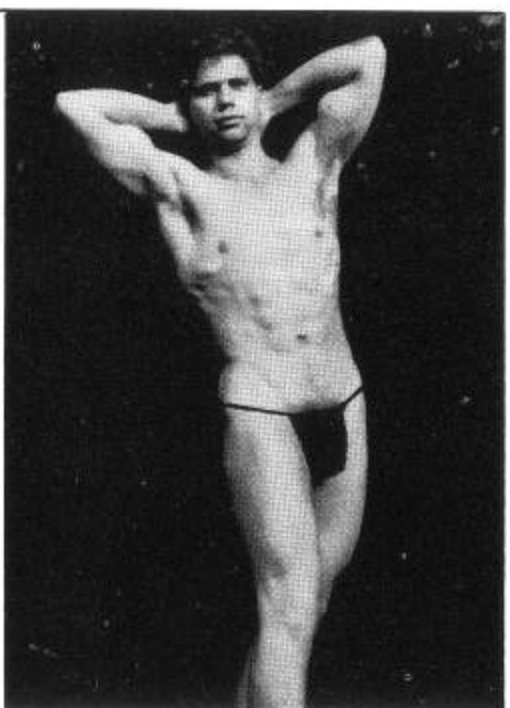

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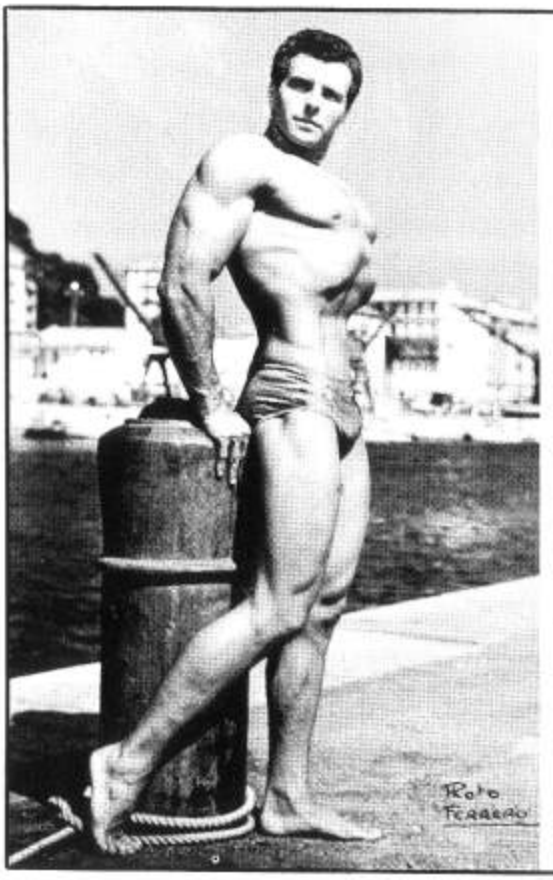

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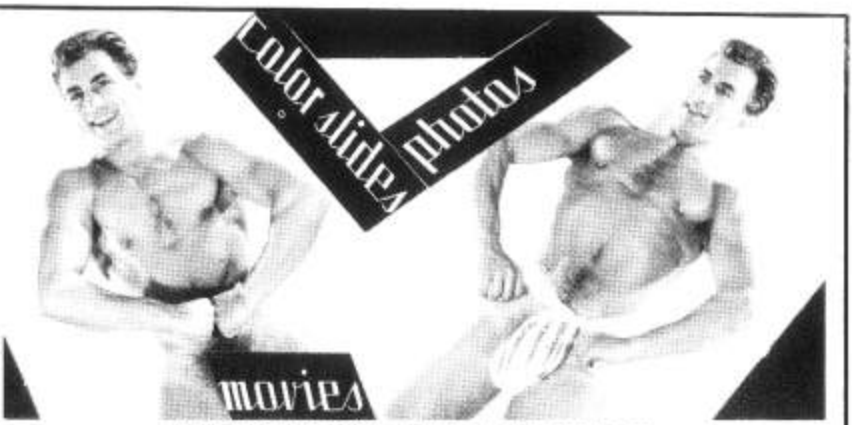

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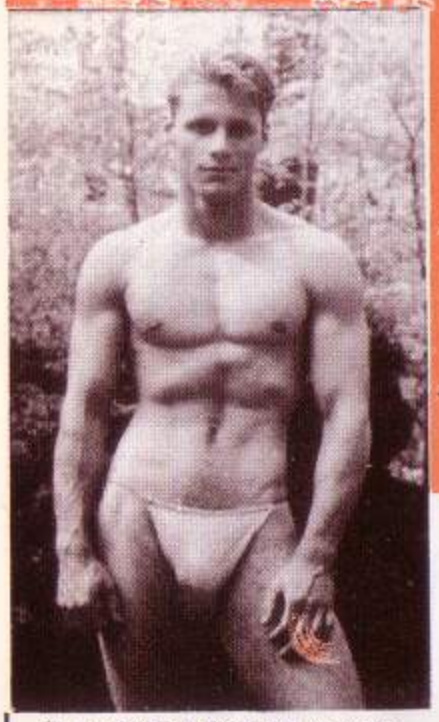

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Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
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Bond, 30 Harrold House, Finchley Road, London N.W. 3, England
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
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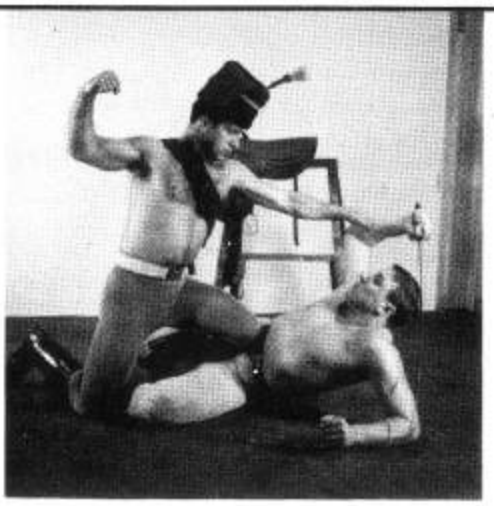

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